

Home Safety Checklist

Bathroom	Kitchen	Bedrooms	Halls & Stairways	General
☐ Grab bars in shower/tub and by toilets ☐ Bath seating or a shower stool ☐ Non-slip mat in tub ☐ Install a toilet seat riser ☐ Remove clutter or debris on floor to reduce chance of trips and falls ☐ Remove locks from doors for easier accessibility by family or first responders in an emergency ☐ Multiple bath mats with non-skid backing	☐ Ensure smoke detectors are present and working properly ☐ Make sure a fire extinguisher is available and easy to access ☐ Place food and dishes in cupboards and cabinets within reach ☐ Stock kitchen with no-prep or easy-to-make meals ☐ Replace small appliances, such as toasters and slow cookers, with auto shut-off features ☐ Install auto shut-off device on stove ☐ Cleaning products and poisonous materials are easily identified and stored separately	☐ Ensure that lights are accessible ☐ Lamps have pull chains for easy access ☐ Phone and charger within reach of bed ☐ Heating/air conditioning working properly ☐ Extra blankets easy to access ☐ Replace bed frame with low-profile frame if getting in and out of bed is difficult ☐ Install a night light	☐ Install handrails on both sides of stairs ☐ Cover wood or tile stairs with non-slip carpet runners ☐ Motion lighting or night lights in hallways ☐ Non-skid rugs or carpet runners on hard flooring in halls ☐ Clutter and debris removed from stairs	☐ Secure area rugs or replace with heavier, non-skid rugs ☐ Replace rugs with curled edges that can cause a fall ☐ Ensure daily-use items are within reach and easily accessible ☐ Replace round door handles with levers for arthritic seniors ☐ Install carbon monoxide detectors ☐ Check that outdoor stairs and railings are present and sturdy ☐ Ensure cords and cables are out of footpath to prevent trips