



## Home Safety Checklist

### Entryway

YES NO

- Can you turn on a light without having to walk into a dark room?
- Have you removed throw rugs or attached them so that they don't slide when you push them with your foot?
- Is the walkway into this room clear (no papers, clutter, furniture)?

### Living Room or Family Room

YES NO

- Are phone, lamp, and fan cords off the floor and out of the flow of traffic?
- Does your wall-to-wall carpeting lie flat?
- Is furniture placed so that you have a clear walkway through the room?

### Kitchen

YES NO

- Are your stove controls accessible without reaching over burners?
- Are there any curtains, towels or potholders that should be moved further away from the burners?
- Do you make sure that when you're cooking you don't wear loose clothing or flowing sleeves?
- Do you keep regularly used items where you can reach them without climbing?
- Do you have a stepstool that is sturdy and has side rails to hold?

### Bathroom

YES NO

- Do you have grab bars installed next to the tub/shower and toilet?
- Do you have non-skid strips, decals or a mat in your shower/tub?
- Is your hot water temperature set to 120 degrees or lower?
- Would a raised toilet seat make it easier to get on and off the toilet?

### Bedroom

YES NO

- Is there a lamp or light switch within easy reach of the bed?
- Do you have nightlights lighting the way from the bed to the toilet?
- Is there a phone where you can reach it from the bed?
- Do you have a working smoke detector near your bedroom?

Stairways and Hallways

YES NO

- Do you have handrails on both sides of all stairs?
- Do the handrails extend the complete length of the stairs including the last step onto the floor?
- Is all carpeting firmly attached and lying flat?
- Are all telephone cords out of the flow of traffic?
- Is there a light switch at the top and bottom of the stairs and at each end of the hall?
- Is the light bright enough to be able to see each step clearly?
- Are stair coverings in good repair (no holes, not worn or sagging)?
- Are all steps in good repair (no loose or worn areas)?

Front and Back Entryways

YES NO

- Are all walkways or stairs well lit?
- Have all cracks or uneven surfaces been repaired?

All through Your Home

YES NO

- Are drapes, curtains, and furniture at least 12 inches from portable or baseboard heaters?
- Have you agreed on an emergency exit plan in case of fire?
- Do you have a list of emergency numbers next to your phone?
- Are there working smoke alarms throughout your home?

Notes for making your home safer:

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For more information on home safety and Fall Prevention call the Fall Prevention Program of Contra Costa County at (925) 937-8311.

Tip Sheet adapted by the Senior Injury Prevention Program of Alameda County (S.I.P.P.S). For more information on Fall Prevention in Alameda County visit [www.ebdir.net/sipp/](http://www.ebdir.net/sipp/)