Home Safety Checklist

There are many fall related injuries every year. Many individuals lose their independence due to an injury sustained during a fall. Oftentimes, falls are due to hazards in the home that are easy to fix. This checklist will assist you in identifying and fixing hazards found around the house:

- **Check as you go**

**Floors:**
- Throw Rugs & Carpets – Replace torn carpet, remove all throw rugs or tack down throw rugs with double sided tape or use non-skid rugs.
- Cluttered Walkways – Rearrange furniture so your path is clear. Remove all clutter and obstacles from walkway. Make sure you have plenty of room to maneuver your walker/cane.
- Cords – Remove all cords from walkway OR tape/secure cords to one side of the walkway.

**Bathroom:**
- Slippery Surfaces – Use a non-slip bath mat on the floor of the tub or shower.
- Grab Bars – Install a grab bar next to the toilet and inside the tub or shower for support.

**STAIRS:**
- Remove obstacles from stairway.
- Sufficient lighting – Have a friend or family member replace burned out light bulbs and utilize a nightlight. Consider having an electrician put an overhead light at the top and bottom of the stairs.
- Handrails – Secure loose handrails or install a new hand rail.
- Replace any torn carpet.
- Utilize colored adhesive tape to clearly mark steps.

**Lighting:**
- Replace light bulbs.
- Use nightlights.
- Leave lights on in high traffic areas.

**Hard to Reach Items:**
- Place commonly used items at waist level.
- Avoid using a step stool.

**Chairs:**
- Avoid chairs that rock and/or swivel.
- Use chairs with armrests.
- Make sure your feet can touch the ground.