

## HOME SAFE HOME CHECKLIST

Use this checklist to identify and correct hazards in your home that may lead to falls or burn injuries. A "NO" answer indicates a need for change.

### ENTRANCES:

Are outdoor stairs and walkways well lit at night?  Yes  No

Do outdoor stairs have sturdy, easy-to-grip railings?  Yes  No

Are outdoor stairs and walkways free from cracks and holes?  Yes  No

### LIVING AREAS:

Can you turn on a light without having to walk into a dark room?  Yes  No

Do your carpets lie flat?  Yes  No

Are small rugs and runners secured with carpet tape or non-skid backing?  Yes  No

Are walkways clear of tripping hazards such as low furniture, toys, and electrical and telephone cords?  Yes  No

Are electrical cords kept out from under carpets where they can fray and become a fire hazard?  Yes  No

Are there space heaters at least three feet away from all curtains and furniture?  Yes  No

**KITCHEN:**  
Do you use non-skid wax (or no wax) or well-secured carpeting on the floor?  Yes  No

Do floor mats have a slip-resistant backing? (If not, put them away.)  Yes  No

Can you reach regularly used items without climbing?  Yes  No

Do you have good lighting around the stove, sink and counters?  Yes  No

Do you always turn your pot handles towards the center or back of stove while cooking?  Yes  No

Do you keep loose clothing, towels and curtains that may catch fire away from the toaster, stove and heaters?  Yes  No

Do you set a timer to remind yourself about things left cooking on the stove?  Yes  No

Do you have a fire extinguisher in easy reach and know how to use it?  Yes  No

**HALL AND STAIRS:**  
Can you clearly see the outline of each step as you go down? (If not, improve the lighting; avoid carpets with "busy" patterns; avoid shag carpets and deep piles.)  Yes  No

Are there light switches at both top and bottom of stairs?  Yes  No

Do all stairways have securely-fixed handrails on both sides?  Yes  No

Can you easily grip all handrails, so that your hand wraps completely around them?  Yes  No

Are all carpets and runners secured?  Yes  No

Do stairs have even surfaces (no metal strips or rubber mats which can trip you)?  Yes  No

Are stairs free of clutter?  Yes  No

Are all stairs in good repair?  Yes  No

**BATHROOM:**  
To prevent scalds, is your hot water temperature 120° or lower?  Yes  No

Do the tub and shower have rubber mats, non-skid strips, or non-skid surfaces?  Yes  No

Are there grab bars, well-secured, for the tub or shower?  Yes  No

Is the floor safe (not slippery, no loose rugs, no loose tiles)?  Yes  No

Can you get on and off the toilet easily? (If not, the seat may need raising or you may want to install handrails).  Yes  No

**BEDROOM:**  
Do you have a light or flashlight in easy reach of your bed?  Yes  No

Is there something sturdy to hold on to next to the bed to help you get in and out?  Yes  No

Do you have a nightlight for your bath to the bathroom?  Yes  No

Do you NEVER smoke in bed?  Yes  No

**SMOKE DETECTORS:**  
Do you have one smoke detector on each level of your home? Do you test them monthly?  Yes  No