

Home Safety Checklist



This Home Safety Checklist is to help identify home hazards, make recommended safety changes, and prevent injuries in the home. Start in the main room of your home and walk through, asking yourself the questions.

- Highlighted questions indicate the most frequent causes of accidents.
- Bolded questions indicate those that are associated specifically with fall prevention

Questions	Yes	No	N/A	Recommendations
GENERAL AREA SAFETY				
1. Can you turn on a light without having to walk into a dark room?				<ul style="list-style-type: none"> Place lamp near the door Install light switches inside the doorways Replace existing switch with a "glow switch" that can be seen in the dark
2. Are lamp, extension, or phone cords out of the flow of traffic?				<ul style="list-style-type: none"> Arrange furniture so that outlets are available without using extension cords Use electric cord fasteners (or plastic ties) which keep cords out of the way Place long cords against the wall, out of the way
3. Are passageways in this room free from objects or clutter?				<ul style="list-style-type: none"> Remove articles or items in passageways Rearrange furniture to create clear pathways to avoid objects when you walk across the room
4. Are curtains and furniture at least 12 inches from electric baseboard or portable heaters?				<ul style="list-style-type: none"> Prevent fires; move curtains and furniture at least 12 inches from electric heaters
5. Do your carpets lie flat?				<ul style="list-style-type: none"> Tack down edges with carpet tape or tacks
6. Do your small rugs and runners stay put (don't slide or roll up) when you push them with your foot?				<ul style="list-style-type: none"> Apply double-faced adhesive carpet tape or Velcro to the edge or put a rubber mat under the rug Remove rugs and runners that tend to slide
7. Are there adequate hand washing facilities available?				<ul style="list-style-type: none"> Ensure that there is access to sink and soap Access to hand sanitizer liquid around house
8. Are phones in proper working order and have amplification device for hard of hearing?				<ul style="list-style-type: none"> Check phone service regularly to ensure proper working order Replace or remove phones that are not in proper working order Install phones with amplification in common areas
9. Is there a phone easily accessible in all main rooms?				<ul style="list-style-type: none"> Install phone in all main rooms of home Install portable cordless phone in each room
KITCHEN				
10. Are your stove controls easy to see and use?				<ul style="list-style-type: none"> Mark the "off" position of the dial with colored dots, tape or raise bumps made from glue or nail polish Remind yourself to turn off the burners by setting a timer every time you cook, or use a microwave that turns off automatically
11. Do you keep loose fitting clothing, towels or curtains that may catch fire away from the burners and oven?				<ul style="list-style-type: none"> Wear aprons; roll back loose sleeves or fasten them with pins or elastic bands

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12. Can you reach regularly used items without climbing to reach them?				<ul style="list-style-type: none"> • Install an extra shelf below the cabinets at a height that is easy to reach • Use pegboard to hang frequently used items • Keep frequently used items at waist level • Obtain a 'reacher' to assist with hard to reach items
13. Do you have a step-stool that is sturdy and in good repair?				<ul style="list-style-type: none"> • Consider buying a step-stool with a hand rail that you can hold onto while standing on the top step • Before climbing on a step-stool, make sure it is fully opened and stable
BEDROOMS				
14. Do you have a working smoke detector and or carbon monoxide detector on the ceiling outside your bedroom door?				<ul style="list-style-type: none"> • Place smoke detectors on the ceiling outside the bedrooms and on each floor of the house • Check alarm monthly (by pushing the test button with a broom handle) and change batteries yearly
15. Do you have a lamp or light switch within easy reach of your bed?				<ul style="list-style-type: none"> • Move beds closer to switches or place lamps by beds • Keep flashlight handy • Use a plugged in sensor night light for automatic all day use
16. Is a phone within easy reach of your bed?				<ul style="list-style-type: none"> • Rearrange bedroom furniture or have an extra extension put in your bedroom • Use a cordless phone
17. Is your light left on at night between your bed and the toilet?				<ul style="list-style-type: none"> • Use a plugged in sensor night light for automatic all day use • Have a lamp next to the bed or keep a flashlight close by
18. Are all appliances in good working condition?				<ul style="list-style-type: none"> • Replace or repair appliances that need fixing • Unplug or disconnect appliances that may not be working properly
BATHROOMS				
19. Does your shower or tub have a non-skid surface: rubber mat, decals, or abrasive strips?				<ul style="list-style-type: none"> • Put strips or non-slip mat in the tub • Prevent soap from falling in the shower; use soap on a rope
20. Does the tub/shower have a sturdy grab-bar (not a towel rack)?				<ul style="list-style-type: none"> • Install a grab-bar to the walls or a grab-bar which can be attached to the side of the tub • Use a bath seat or bench and a hand-held shower if unsteady on your feet
21. Does your floor have a non-slip surface or does the rug have a non-skid back?				<ul style="list-style-type: none"> • Place a small area rug with non-skid surface or tape down the back of existing rug
22. Are you able to get off and on the toilet easily?				<ul style="list-style-type: none"> • Install a grab-bar by the side of the toilet (to structural supports in the wall) • Install a raised toilet seat

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Stairways				
23. Is there a light switch at both the top and bottom of inside stairs?				<ul style="list-style-type: none"> • Use night-light in nearby outlets • Keep flashlight at top and bottom of stairs • Consider installing switches at the top and bottom
24. With the light on, can you clearly see the outline of each step as you go down the stairs?				<ul style="list-style-type: none"> • Use maximum wattage bulb allowed by light fixture. If you do not know correct size, use a bulb no larger than 60 watts • Reduce glare; use frosted bulb shades • Add light fixtures if none exist • Mark the edges of each stair with non-skid strips in contrasting color (white is seen well at night) • Use handrails
25. Do all stairways have sturdy handrails on both sides? (Include outdoor stairways)				<ul style="list-style-type: none"> • Repair or install railings • Install railing at least on the right-hand side as you face down the stairs. Even one stair needs a handrail grip
26. Do handrails run the full length of the stairs and slightly beyond the steps?				<ul style="list-style-type: none"> • Replace short handrails with ones that run beyond the top and bottom steps • Mark the first and last stairs with colored strips or paint
27. Are all steps in good repair (not loose, broken, missing, or torn in places)?				<ul style="list-style-type: none"> • Tack or tape down carpet • Replace worn coverings • Place non-skid treads or strips on all steps • Repair steps
Front and Back Entrances				
28. Do all entrances to your home or building have outdoor light?				<ul style="list-style-type: none"> • Place lights at entrances. Sensor lights automatically turn on if dark and off when it's light
29. Are walkways to your entry free from cracks or holes?				<ul style="list-style-type: none"> • Repair uneven and cracked surfaces
30. Outside areas: are all walkways clear from debris? Weeds or trees growing through cracks?				<ul style="list-style-type: none"> • Clear main walkways from debris to reduce trip hazards • Remove weeds from cracks in walkways
31. Is the lawn and yard area maintained?				<ul style="list-style-type: none"> • Maintain yard and lawn • Hire maintenance services to assist if unable to personally do upkeep
32. Depth of steps 6" or under, grab bars and handrails by all entrance/exit ways?				<ul style="list-style-type: none"> • Install hand rails on the left side of the stairway • Use rail during all stairway usage to ensure stability • If steps are too steep, consider adding a ramp to improve accessibility

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Emergency & Safety Preparedness				
33. Do you have an emergency exit plan in case of fire?				<ul style="list-style-type: none"> • Have a plan of escape (2 ways out, if possible) from every room in your home, especially your bedrooms • Practice your exit plan • Call your fire department educator if you need assistance identifying an emergency exit plan
34. Is a first aid kit accessible and fully stocked?				<ul style="list-style-type: none"> • Purchase a ready made First Aid Kit • Keep in an easy accessible place in the house to access during emergencies
35. Is there a properly working and accessible fire extinguisher?				<ul style="list-style-type: none"> • Keep extinguisher close to an exit • Select a multi-purpose extinguisher large enough for small fires and light enough to carry
36. Do you have emergency phone numbers listed by your phone?				<ul style="list-style-type: none"> • Tape emergency numbers by your phone or on your refrigerator. For example: 911 or the emergency number for your area, family or friends that can be called in an emergency and your Doctor or clinic
37. Flammables including heaters, oxygen and chemicals, stored separately clearly marked and away from heat sources?				<ul style="list-style-type: none"> • Mark all cleaning fluids and chemicals with easy to read labels • Move flammable items to a secured location away from heat sources
38. All cleaning fluids, polishes, bleaches, detergents, and other chemicals stored separately, clearly marked and away from heat sources?				<ul style="list-style-type: none"> • Mark all cleaning fluids and chemicals with easy to read labels
39. Door locking systems: able to turn knob and lock for all doors, doors in safe operable order and in good repair?				<ul style="list-style-type: none"> • If door are not easily opened by lock, replace or repair door lock for easy operation • If doors are not easily opened or closed, replace or repair door, door frame, or hinges • Check all doors in house to ensure correct operating order
40. Is there an adequate food supply? Is food out of date/expired? Fridge and freezer accessible and clearly organized?				<ul style="list-style-type: none"> • Throw away all expired or rotten food in fridge, freezer, cabinets or other storage areas • Routinely check food supply for expired or contaminated food