

Your Home Safety Checklist

Compare your home to the items on this list. Note the areas that need improvement to keep your home working for you.

Lighting

- Light bulbs should be 60-75 watts in all rooms and stairways
- Replace burned-out bulbs promptly.
- Keep several flashlights in the house and check the batteries regularly.

Floors and Walkways

- Arrange furniture so that you have plenty of room to walk without obstacles.
- Keep walkways free of cords, furniture, clutter, and other obstacles.
- Remove throw rugs or secure them with double-stick tape or tacks.
- If you have hardwood floors, consider carpets. Hardwood floors have a greater risk of fractures.
- Use non-slip or non-skid floor wax – or none at all.
- Don't "leave it for later." Take care of spills and dropped objects promptly.

Steps and Stairways

- All stairs and steps should have secure handrails on both sides.
- Check the condition of the stairs for loose carpet, loose steps, or uneven steps.
- Stairways should be well lit with light switches at the top and bottom
- Keep stairways free of clutter.

Living Room

- Make sure your furniture is easy for you to get in and out of (knee height or higher is easiest).
- Keep a phone on a low table within reach of the floor.
- Arrange the room to create clear walking spaces.

Bedroom

- Keep a light/flashlight and a phone within reach of your bed.
- Make sure there are nightlights between your bedroom and bathroom.

Kitchen

- Keep regularly-used items within comfortable reach.
- Never climb on chairs – only use stepstools with a handlebar on the back.

Bathrooms

- Put grab bars by the toilet and in the shower or tub to give you extra support.
- Put a non-slip mat or non-slip adhesive strips in the shower or tub to help prevent slips.

Yards, Outdoor Stairs, and Walkways

- Keep outdoor stairs and walkways well-lit and free of breaks and cracks.
- Make sure there are handrails on both sides of stairs.
- Look out for uneven ground, stone, branches, pets, garden hoses, or tools.
- Factor in the weather – any type of wet or icy walkways can cause slips.

Stay Safe

- **Clear, dry walkways reduce slips and trips.**
- **Good lighting improves vision and balance.**
- **Stairs with railings on BOTH sides are safest.**
- **Wear footwear with a tread to grip the floor.**