



Home Safety Checklist

Check each of these areas in your home, noting those items that need improving or changing. If you have questions about avoiding home injuries, feel free to discuss them with your physician.

	Yes	No	Doesn't Apply/Don't Know
LIVING ROOM/FAMILY ROOM			
Can you turn on a light to avoid walking into a dark room?			
Are lamp, extension, and phone cords out of the flow of foot traffic?			
Are passageways free from objects and clutter (papers, furniture)?			
Are curtains and furniture at least 12 inches from baseboard or portable heaters?			
Do your carpets lie flat?			
Do your small rugs and runners stay put (don't slide or roll up) when you push them with your foot?			
KITCHEN			
Are stove controls easy to see and use?			
Do you keep loose-fitting clothes, towels, and curtains away from the burners and oven?			
Can you turn on a light to avoid walking into a dark room?			
Do you have a working smoke detector and fire extinguisher in the kitchen?			
BEDROOM			
Can you turn on a light to avoid walking into a dark room?			
Do you have a lamp or light switch within easy reach of your bed?			
Is a phone within easy reach of your bed?			
Is a light left on at night between your bed and toilet?			
Are curtains and furniture at least 12 inches from baseboard or portable heaters?			

BATHROOM	Yes	No	Doesn't Apply/Don't Know
Does your tub or shower have a non-skid surface: mat, decals, or abrasive strips?			
Does your tub or shower have a sturdy grab-bar (not a towel rack)?			
Is your water heater temperature set for 120 degrees or lower?			
Does your floor have a non-slip surface or do rugs have a non-skid backing?			
Can you get on and off the toilet easily?			
STAIRWAYS			
Is there a light switch at both the top and bottom of inside stairs?			
Do all stairways have sturdy handrails on both sides?			
Are all steps in good repair (not loose, broken, missing, or worn in places)?			
ENTRANCES			
Do all entrances to your home have outdoor lights?			
Are walkways to each entry free from cracks and holes?			
If necessary, do entrances have sturdy handrails?			
THROUGHOUT YOUR HOUSE			
Do you have an emergency exit plan in case of fire?			
Are emergency phone numbers posted by each telephone?			
Are there other hazards or unsafe areas in your home not mentioned in this checklist that you are concerned about? If so, what? _____			



Making Your Home Safer

What home safety changes do you want to make?
