

# Home Safety Checklist

You can reduce your risk of falling by creating a safe environment in your home. Protect yourself with simple changes in furniture arrangement, housekeeping and lighting. Where necessary, install special safety features. Use the following checklist to make your home safer.

## Living areas

- Arrange furniture so there are clear pathways between rooms.
- Remove low-rise coffee tables, magazine racks, footrests and plants from pathways in the rooms.
- Keep electric, appliance and telephone cords out of the pathways.
- Remove door sills higher than ½".
- Secure loose area rugs with double-faced tape, tacks or slip-resistance backing.
- Do not stand on unsteady stools, chairs, ladders, etc.
- Repair loose wooden floorboards or carpet immediately.

## Stairs and steps

- Do not leave objects on the stairs.
- Provide enough light to see each stair and the top and bottom landings.
- Do not place loose area rugs at the bottom or top of stairs.
- Do not use patterned or dark carpeting on stairs.
- Repair loose stairway rugs or boards immediately.
- Put non-slip tread strips or spray on each bare-wood step.
- Install handrails on both sides of the stairway. Each should be 30 inches above the stairs and extend the full length of the stairs.

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## Kitchen

- Immediately clean up any liquids, grease or food spilled on the floor.
- Store food, dishes and cooking equipment within easy reach.
- Use a step stool with attached handrail.
- Repair loose flooring.
- Use nonskid floor wax.

## Bathroom

- Place a slip-resistant rug adjacent to the bathtub for safe exit and entry.
- Install a night-light in the bathroom.
- Place nonskid adhesive textured strips on the floor of the bathtub and shower.
- Use a sturdy, plastic seat in the bathtub if you cannot lower yourself to the floor of the tub or if you are unsteady.
- Install handrails on the bathroom walls near the toilet and along the bathtub; ensure these are attached to the underlying wood studs.
- Stabilize yourself on the toilet by using either a raised seat or a special toilet seat with armrests.
- Mount a liquid soap dispenser on the bathtub/shower wall.

## Bedroom

- Keep the bedroom floor free of clutter.
- Place a lamp and flashlight near your bed.
- Install a night-light along the route between the bedroom and the bathroom.