

# Home Safety Checklist

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Falls are the most common cause of injury-related visits to the emergency room for people over 65 years old. Hazardous environmental conditions are a risk factor for falling. This home safety checklist can be used as a guide, with tips, for making your home safer. A NAN volunteer may be able to help with some items or we can help you find a vendor who can help.

| <b>Outside Stairs and Walkways</b>                |   | Who can assist with this task? |        |
|---|---|--------------------------------|--------|
|   | ✓ | Volunteer                      | Vendor |
| Adequate entrance lighting                        |   | X                              |        |
| Handrails secure                                  |   | X                              |        |
| Safe steps (non-slippery, etc)                    |   | X                              | X      |
| Safe walkways (non-slippery, etc)                 |   | X                              | X      |
| <b>Entrance</b>                                   |   |                                |        |
| Working door locks                                |   | X                              |        |
| Peephole accessible                               |   | X                              | X      |
| Light switch easy to reach                        |   | X                              | X      |
| Mat/rug securely fixed to floor                   |   | X                              |        |
| <b>Bedroom</b>                                    |   |                                |        |
| Telephone within easy reach                       |   | X                              |        |
| Light, flashlight within easy reach               |   | X                              |        |
| Smoke detector present, battery working           |   | X                              |        |
| CO <sub>2</sub> Detector present, battery working |   | X                              |        |
| Furniture in good repair                          |   | X                              | X      |
| Pathways clear of obstacles                       |   | X                              |        |
| Rugs securely fixed to floor                      |   | X                              | X      |
| Electrical cords secure                           |   | X                              |        |
|   |   |                                |        |

| <b>Living Room</b>                                   |   | Who can assist with this task? |        |
|--|---|--------------------------------|--------|
|  | ✓ | Volunteer                      | Vendor |
| Curtains off floor                                   |   | X                              |        |
| Windows easy to open                                 |   | X                              | X      |
| Windows have locks                                   |   | X                              | X      |
| Pathways clear of obstacles                          |   | X                              |        |
| Rugs securely fixed to floor                         |   | X                              | X      |
| Fireplace clean, flue closed and working             |   |                                | X      |
| Firewood safely stored                               |   | X                              |        |
| TV controls easy to find                             |   | X                              |        |
| Electrical sockets not overloaded                    |   | X                              | X      |
| Electrical cords secure                              |   | X                              |        |
| Furniture stable                                     |   | X                              | X      |
| Furniture not blocking access                        |   | X                              |        |
| Smoke detector present, battery working              |   | X                              |        |
| CO <sub>2</sub> Detector present, battery working    |   | X                              |        |
| <b>Kitchen</b>                                       |   |                                |        |
| Smoke detector present, battery working              |   | X                              |        |
| Ground fault circuit interrupters present            |   | X                              | X      |
| Easy access to trash, yard waste, recycle containers |   | X                              |        |
| Fridge check- correct temp, sufficient food, no mold |   | X                              |        |

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|---|---|--------------------------------|--------|
| <b>Indoor Stairways</b>                   | ✓ | Volunteer                      | Vendor |
| Handrails along stairs                    |   |                                | X      |
| Rubber treads on stairs with no carpet    |   |                                | X      |
| Light switch easy to reach                |   | X                              | X      |
| <b>Bathroom</b>                           |   |                                |        |
| Ground fault circuit interrupters present |   | X                              | X      |
| Night light in bathroom                   |   | X                              |        |
| Grab bars- toilet, shower, bath, sink     |   | X                              | X      |
| Non-skid strips in shower or bath         |   | X                              |        |
| Bath or shower chair, if needed           |   | X                              | X      |
| Handheld shower nozzle                    |   | X                              | X      |
| Easy to use faucets                       |   |                                | X      |
| Medications safely stored                 |   |                                | X      |
| Medicine cabinet with first aid supplies  |   | X                              |        |
| Water shut-offs clearly labeled           |   | X                              |        |
| <b>Comments:</b>                          |   |                                |        |
| _____                                     |   |                                |        |
| _____                                     |   |                                |        |
| _____                                     |   |                                |        |
| _____                                     |   |                                |        |
| _____                                     |   |                                |        |

|   |   | Who can assist with this task? |        |
|---|---|--------------------------------|--------|
| <b>Kitchen (Continued)</b>                                      | ✓ | Volunteer                      | Vendor |
| Cleaning supplies safely stored                                 |   | X                              |        |
| Grab tool to reach high places                                  |   | X                              |        |
| Non-skid floor  |   |                                | X      |
| Frequently used items easy to reach                             |   | X                              |        |
| Hospital, Doctor, Pharmacy and Emergency contact numbers posted |   | X                              |        |
| <b>Other</b>  |   |                                |        |
| Thresholds are not hazardous                                    |   | X                              | X      |
| Extra door keys labeled & stored                                |   | X                              |        |
| Safe storage of important papers                                |   |                                | X      |
| No evidence of rodents/insects                                  |   |                                | X      |
| Dryer vent in good condition                                    |   |                                | X      |
| Furnace filters clean   |   | X                              |        |
| Pets  |   | X                              |        |
| Water and gas shut offs clearly labeled                         |   | X                              |        |
| Heating system in good repair                                   |   |                                | X      |
| Hot water heater working, not set higher than 140°F             |   | X                              | X      |
| No dampness or water leakage in living areas                    |   |                                | X      |
| <b>Additional Concerns:</b>                                     |   |                                |        |
| _____   |   |                                |        |