

## Home Safety Checklist

Safety risk	No	Yes	If yes, here's what you need to do.....
<b>Floors</b>			
When you walk through a room, do you have to walk around furniture?			Ask somebody to move the furniture so your path is clear
Are there objects on the floor (papers, magazine, shoes, boxes, etc) that are in your way when you walk through?			Pick up things on the floor and always keep the path clear
Do you have to walk over or around wires or cords (like lamp, telephone or extension cords)?			Coil or tape cords next to the wall; if needed, have an electrician put in another outlet
Do any of your carpets have bumps or curled ends so they do not lie completely flat?			Have a carpet person remove or fix the carpet so it lays completely flat
Do you have any small rugs or runners that slide or bunch up when you push them with your foot?			Remove them or use double sided tape or a non-slip backing so that they don't slide or bunch up when you walk on them
<b>Stairs</b>			
Is there only one light switch for the stairs (at top or bottom)?			Have an electrician install a light switch at the other end
Do you have trouble seeing the outline of all the steps due to poor lighting?			Have somebody put in a stronger light bulb, or have an electrician install another light fixture
Are the handrails only on one side, or are the handrails loose or broken?			Fix loose or broken handrails, and make sure there are sturdy handrails on both sides that are as long as the stairs
Are any stairs loose or uneven?			Fix loose or uneven stairs
Is the carpet or covering on the stairs loose, worn or torn?			Make sure carpet or other covering is in good condition and firmly attached to the stairs, or remove and attach non-slip rubber treads to stairs
<b>Kitchen and Eating Area</b>			
Are the things you use often stored out of your reach (too low or too high)?			Move items you use frequently to areas in easy reach (waist to shoulder height)
Is your step stool unsteady?			If you must use a step stool, make sure it is steady, and get one with a bar to hold on to; never use a chair as a step stool.
<b>Bathroom</b>			

Is your tub or shower floor slippery?			Put a non-slip rubber mat or self-stick abrasive strips on the floor of the tub or shower
<b>Safety risk</b>	<b>No</b>	<b>Yes</b>	<b>If yes, here's what you need to do.....</b>
Do you have difficulty getting into or out of the shower or tub?			If you don't have them already, install sturdy grab bars in your tub and/or shower
Do you have difficulty getting on or off the toilet?			If you don't have them already, use a seat riser and/or install a grab bar next to your toilet.
<b>Bedroom</b>			
Do you have to walk through the room in the dark to reach the light switch?			Install light switches outside the room or just inside the entrance to avoid walking in the dark
Is the light near your bed hard to reach?			Place a lamp close to your bed where it's easy to reach
Is the path from your bedroom to the bathroom dark?			Put in a nightlight so you can see where you're walking; some can come on by themselves after dark.
<b>Outside Your House</b>			
Is the entrance to your house poorly lit?			Install a front door light and lighting along the path to your house
Does the walkway to you house have cracks or holes?			Repair the walkway
<b>GENERAL SAFETY TIPS</b>			
Have an emergency exit plan in case of fire; review it at least yearly			
Have emergency numbers listed by your phone			
Have working smoke alarms in every level of your house and just outside your bedroom; if you're hard of hearing , consider one that has flashing lights in addition to sound			
Have a carbon monoxide (CO) alarm if you use gas heaters to warm your home			
Make sure heavy objects (like televisions, bookshelves or large pictures or mirrors) that are in danger of falling over during an earthquake are braced or fixed securely to the wall.			
Have an emergency kit with at least 3 days of food, water, medications and other needed supplies in case of a natural disaster; go to <a href="http://www.ready.gov/basic-disaster-supplies-kit">http://www.ready.gov/basic-disaster-supplies-kit</a> to learn more about the contents of an emergency kit			

Adapted from "Check for Safety", Centers for Disease Control and Prevention (CDC) and MetLife Foundation, 2005, and "Home Safety Checklist", California Department of Aging