



Home Modification

Home Safety Checklist



Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo & Yuba Counties

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*Live Strong and Safe
Falls Prevention
Program*

Home Safety Checklist	Yes	No	Do Not Know	Does Not Apply
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Living Room and Family Room				
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1. Can you turn on a light without having to walk into a dark room?				
2. Are lamp, extension or phone cords out of the flow of foot traffic?				
3. Are passageways in this room free from objects and clutter (papers, furniture)?				
4. Are curtains and furniture at least 36 inches from baseboard heaters or portable heaters?				
5. Do your carpets lie flat?				
6. Do your small rugs and runners stay put (don't slide or roll up) when you push them with your foot?				

Kitchen				
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7. Are your stove controls easy to see and use?				
8. Do you keep loose fitting clothing, towels, and curtains that may catch fire away from the burners and oven?				
9. Can you reach regularly used items without climbing to reach them?				
10. Do you have a step stool that is sturdy and in good repair?				

Bedrooms				
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11. Do you have working smoke detectors on the ceiling outside of bedroom doors?				
12. Can you turn on a light without having to walk into a dark room?				
13. Do you have a lamp or light switch within easy reach of your bed?				

Home Safety Checklist

Yes

No

Do Not Know

Does Not Apply

Bedrooms (cont'd)

14. Is a phone within easy reach of your bed?

15. Is a light left on at night between your bed and the toilet?

16. Are the curtains and furniture at least 36 inches from your baseboard heater or portable heater?

Bathroom

17. Does your shower or tub have a non-skid surface, such as a mat, decals, or abrasive strips?

18. Does the tub/shower have a sturdy grab bar (not just a towel rack)?

19. Is your hot water temperature set at 120° or lower?

20. Does your floor have a non-slip surface or does the rug have a non-skid backing?

21. Are you able to get on and off the toilet easily?

Stairways

22. Is there a light switch at both the top and bottom of inside stairs?

23. With the light on, can you easily see the outline of each step as you go down the stairs?

24. Do all stairways have sturdy handrails on both sides?

25. Do handrails run the full length of the stairs, slightly beyond the steps?

26. Are all the steps in good repair (not loose, broken, missing or worn in places)?

27. Are stair coverings (rugs, treads) in good repair, without holes and not loose, torn or worn?



Home Safety Checklist	Yes	No	Do Not Know	Does Not Apply
Hallways and Passageways				
28. Do all small rugs or runners stay put (don't slide or roll up) when you push them with your foot?				
29. Do your carpets lie flat?				
30. Are all lamp, extension and phone cords out of the flow of foot traffic?				
Front and Back Entrances				
31. Do all entrances to your home have outdoor lights?				
32. Are walkways to your entry free from cracks and holes?				
Throughout Your House				
33. Do you have an emergency exit plan in case of fire?				
34. Do you have emergency phone numbers listed by your phone?				
35. Are there other hazards or unsafe areas in your home not mentioned in this checklist that you are concerned about? If so, what?				
Making <u>Your</u> Home Safer: What home safety changes do you want to make?				
1.				
2.				
3.				

Provided by: California Department of Aging, Senior Housing Information and Support Center
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 Developed by: Community and Home Injury Prevention Project for Seniors (CHIPPS)
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