

✓ HOME SAFETY CHECKLIST

Home accidents are a major cause of injury and death for all Americans, but the risk of death and injury from home accidents is greater for those over 60. Take special precautions to ensure you have a safe living environment by eliminating hazards. This checklist will help you get started.

Home Entrance

- Steps & walkways in good repair, with no crumbling edges or broken boards
- Secure railing that is easy to grasp with both hands
- Lights that illuminate a wide area of yard and walkway
- Peephole in the front door low enough for all residents to use
- Deadbolt lock that does not require a key to open from the inside

Living Areas

- Doorways wide enough to pass through carrying a load or using a walker/wheelchair
- Open pathways with no small furniture, clutter, or “stuff”
- No electric or phone cords running under rugs or carpeting or across open areas
- No frayed electrical cords
- Electric outlets & switches not overloaded (not warm to the touch)
- Accessible light switches that can be turned on without walking across a dark room
- Sofas & chairs high and firm enough for easy sitting and rising
- No casters or wheels on furniture
- Two working smoke detectors on every floor
- Easy access to a telephone from every room (or Emergency Response Necklace?)
- Windows and screens easy to open and close
- Thermostat easy to read and reach
- Carpets, rugs and mats lie flat
- Hallways and stairwells free of clutter
- Light switch at the top and bottom of stairs
- Working carbon monoxide detector on each floor if the home has gas
- Adequate lighting
- All weapons appropriately secured and locked



Brought to you by

 **Cabell Huntington Hospital**
Your Partners for Life

HOME SAFETY ✓ CHECKLIST

Bathroom

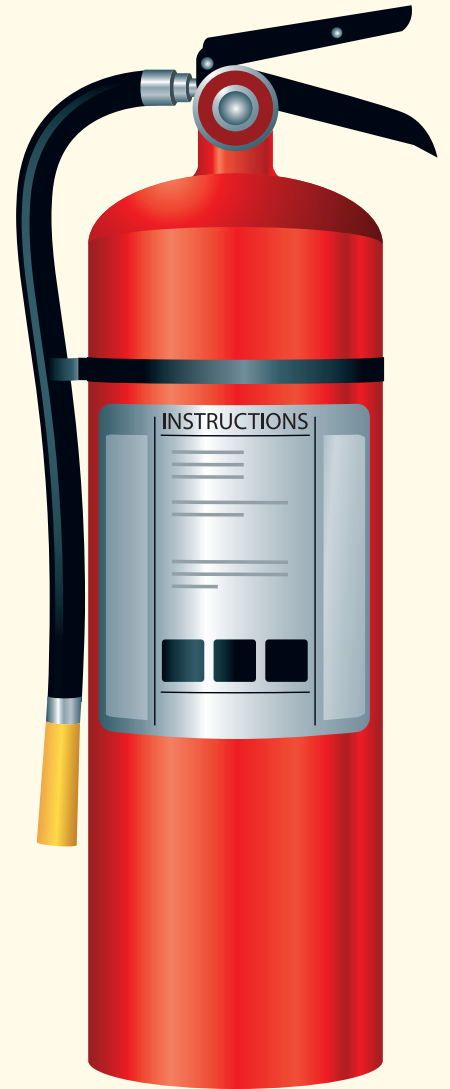
- Floor free of clutter
- No glass shower doors
- Strong grab bars in shower/bath and near toilet
- Raised toilet seat if balance is a problem
- Water temperature below scalding (under 120°)
- Access to a telephone (consider Emergency Response System)
- Non-skid floor surface in tub/shower
- No throw rugs
- Shower bench or seat with hand-held shower wand available
- Nightlight

Bedroom

- Floor free of clutter
- Bed no lower than the back of your knees
- Chair with armrests & firm seat to reduce falls while dressing
- No casters or rolling furniture
- Telephone easily accessible
- No scatter rugs
- Nightlight
- At least one light operable from the door

Kitchen

- Free of clutter
- Doorway wide enough to pass through while carrying a load
- Floor not waxed or slippery
- No throw rugs or mats
- "On" indicators working on all appliances
- Working heat/smoke detector
- No flammables near heat sources
- Fire extinguisher is easy to reach & use
- Uncluttered work space near cooking area to reduce the need for carrying
- Most often used items are stored between eye level and knee level
- Appliances in good working condition



Brought to you by



Cabell Huntington Hospital

Your Partners for Life