

# Home Safety Checklist

There are more than 2.4 million fall related injuries every year. Many individuals lose their independence due to an injury sustained during a fall. Oftentimes, falls are due to hazards in the home that are easy to fix. This checklist will assist you in identifying and fixing hazards found around the house:

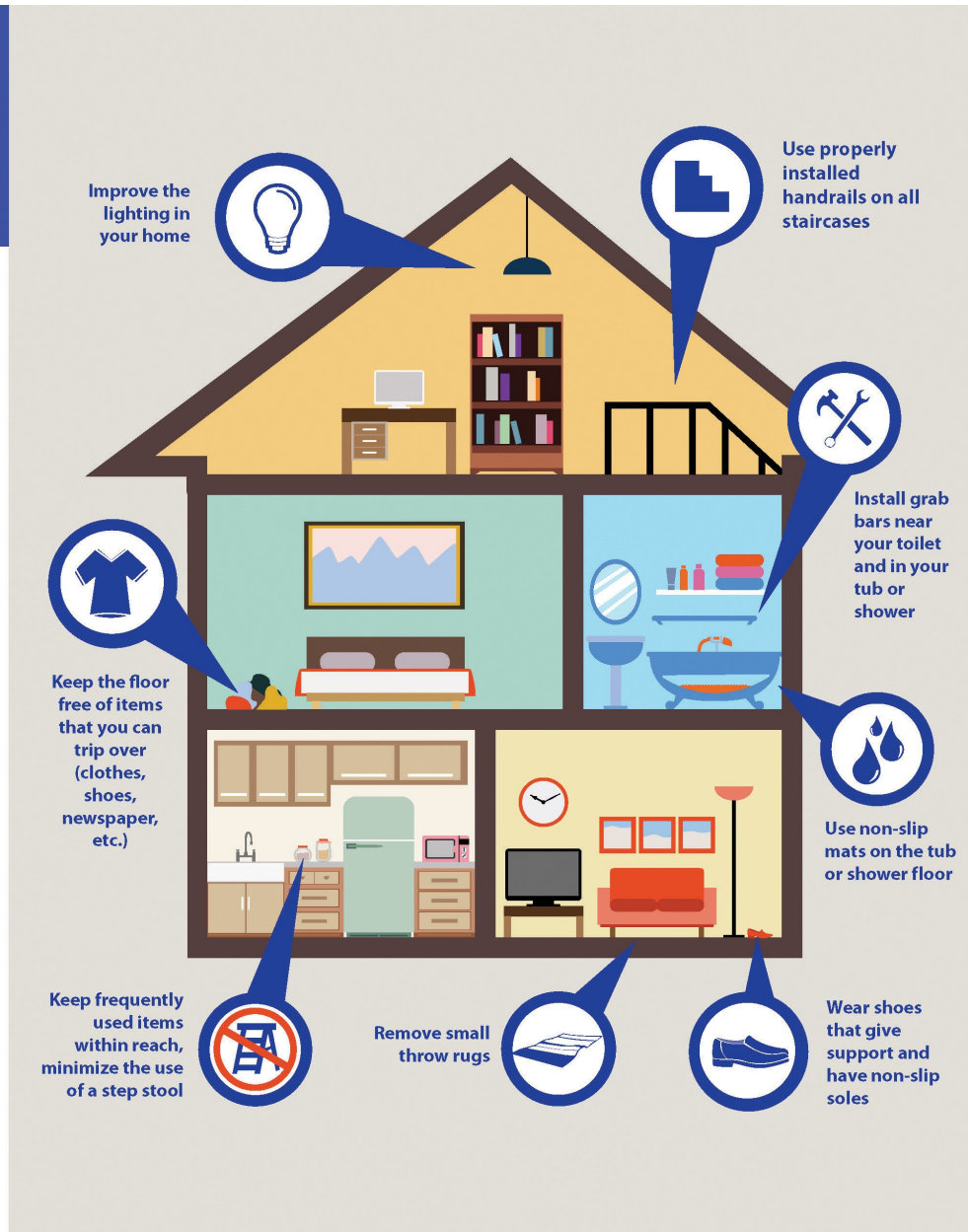
Check as you go

## FLOORS:

- Throw Rugs & Carpets – Replace torn carpet, remove all throw rugs or tack down throw rugs with double sided tape or use non-skid rugs.
- Cluttered Walkways – Rearrange furniture so your path is clear. Remove all clutter and obstacles from walkway. Make sure you have plenty of room to maneuver your walker/cane.
- Cords – Remove all cords from walkway OR tape/secure cords to one side of the walkway.

## BATHROOM:

- Slippery Surfaces – Use a non-slip bath mat on the floor of the tub or shower.
- Grab Bars – Install a grab bar next to the toilet and inside the tub or shower for support.



## STAIRS:

- Remove obstacles from stairway.
- Sufficient lighting – Have a friend or family member replace burned out light bulbs and utilize a nightlight. Consider having an electrician put an overhead light at the top and bottom of the stairs.
- Handrails – Secure loose handrails or install a new hand rail.
- Replace any torn carpet.
- Utilize colored adhesive tape to clearly mark steps.

## LIGHTING:

- Replace light bulbs.
- Use nightlights.
- Leave lights on in high traffic areas.

## HARD TO REACH ITEMS:

- Place commonly used items at waist level.
- Avoid using a step stool.

## CHAIRS:

- Avoid chairs that rock and/or swivel.
- Use chairs with armrests.
- Make sure your feet can touch the ground.

