

HOME SAFETY CHECKLIST



BATHROOM

- Have well-anchored grab bars by toilet and tub/shower
- Put nonskid rubber mat in tub/shower
- Wipe up wet spots right away
- Use raised toilet seat and bath seat in shower if helpful
- Use nightlights
- Clear pathway from bed to toilet

THROUGHOUT THE HOUSE

- Remove clutter!
- Keep loose objects off floor
- Eliminate throw rugs
- Bundle cords & keep out of walkways
- Ensure good lighting, especially in hallways and stairs
- Tack down carpet edges, repair broken flooring
- Choose chairs and sofas at the right height, with firm cushions to make it easier to sit down and get up
- Arrange furniture to make movement easier
- Keep a phone easily accessible, preferably cordless

STAIRS

- Have solid handrails on both sides
- Keep objects off the stairs
- Make sure carpet is firmly attached on every step
- If not carpeted, attach non-slip rubber treads
- Don't wear reading glasses while using stairs
- Don't rush



REACHING HIGH PLACES

- Store heavy and frequently used items within easy reach
- Use a stepstool with a safety rail
- Never use a chair or table to stand on
- Ask for help