Home Safety Checklist

Be a “Fall Detective”!
Use this checklist to help you make areas in your home safer.

**Floors**

□ Are there papers, clothes, shoes, blankets, boxes, or other objects on the floor?
   ☺ *If there is a lot of clutter, ask family or friends to help tidy up.*

□ Do you have scatter rugs on the floor?
   ☺ *Remove all scatter rugs.*

□ Do you have to step over OR around cords or wires?
   ☺ *Tape cords and wires next to the wall so you can’t trip over them.*

□ When you walk through a room do you have to walk around furniture?
   ☺ *Ask someone to help move the furniture so you have a clear path.*

**Bedrooms**

□ Is it difficult to get around the bedroom at night?
   ☺ *Put a nightlight in your bedroom, in the hallway, and in the bathroom.*
   ☺ *Have a lamp or light switch that you can easily reach without getting out of bed.*
   ☺ *Keep a flashlight handy.*

**Kitchen and Dining Area**

□ Are the things you use most often on high shelves?
   ☺ *Move items in your cabinets that you use most often to the height of your waist.*

□ When getting items off the top shelves do you stand on a chair or unsteady step stool?
   ☺ *Buy a step stool with high and sturdy handrails.*
**Bathrooms**

- Is the tub or shower floor slippery?
  - ☑ Put a non-slip rubber mat OR non-slip strips on the floor of the tub or shower.
- Is the bathroom floor slippery OR do you have small rugs on the floor?
  - ☑ Remove small rugs and use a non-slip mat beside the tub.
- Do you feel unsteady when you get in or out of the tub OR up from the toilet?
  - ☑ Have a grab bar put in next to the toilet and on the inside wall of the tub.

**Stairs and Steps**

- Are papers, shoes, books, or other objects on the stairs?
  - ☑ Always keep objects off the stairs.
  - ☑ Keep outdoor steps free of ice and snow.
- Are your stairs and steps poorly lit? Do you need to add more lighting?
  - ☑ Have a friend or family member change any burnt out light bulbs.
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs?
  - ☑ Make sure there are sturdy handrails on both sides of the stairs.
- Is there loose or torn carpet on the stairs OR are the stairs uneven or broken?
  - ☑ Make sure that carpets are in good shape and firmly attached to every step.
  - ☑ Fix loose or uneven steps.
  - ☑ Put reflecting tape OR paint the edges of narrow or uneven steps in a bright color.

**Entrances and Outside Areas**

- Do the driveway or sidewalks have bumps and cracks?
  - ☑ Fill cracks and fix the bumps.
- Are objects blocking walkways?
  - ☑ Keep all walkways clear of garden tools or other objects.
- Is it dark when you enter your house at night?
  - ☑ Leave a light on OR have a motion sensing light installed outside your door.

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