



Home Safety Checklist

Home

- Check smoke detector batteries and replace them annually.
- Apply non-stick backing tape to rugs to ensure secure footing.
- Electrical cords should not be frayed or placed across walking areas.
- Pathways, doorways, porches, patios, stairs should be well lit and free of clutter.
- Consider two handrails for stairways, one on each side.
- Arrange furniture to allow easy navigation.
- Install sufficient lighting to illuminate rooms at night.
- Install nightlights in bedroom, bathroom, kitchen, hallways to ensure visibility at night.
- Place flashlights in convenient locations in case of a power outage.
- Locate phones near most-used living spaces.
- Keep list of emergency numbers (doctors, veterinarians, relatives/caregivers) near phones.
- Look into a home alert system to signal for help with an easy-to-push button device.
- Make sure home exterior is well lighted at night.

Bathroom

- Tub/shower and toilet should have secure grab bars.
- Be sure faucet and bath/shower handles are easy to use.
- Place non-skid mats in tub and shower.
- Install raised toilet seat, making it easier to stand up.

Medications

- Keep a current list of prescriptions and over-the-counter products.
- Share the list with doctors, pharmacists and family members.

Food & Kitchen

- Place fire extinguisher near kitchen and check annually.
- Arrange frequently used items to be within easy reach.