

A HOME SAFETY CHECKLIST FOR SENIORS



Kitchen

- Well lit sink and counter tops.
- Gas stoves and ovens, have pilots and an automatic cut-off in the event of flame failure.
- No curtains near the stove.
- Properly cleaned oven exhaust hood filters.
- The kitchen exhaust system discharges outside, not the attic.
- Accessible kitchen cabinets, consider adjustable pull down shelving.
- Light switches are easy to use rocker switches and are placed near the door frames.
- Stove and oven controls are easy to use and have pop-in feature to prevent accidental use.
- Stove and oven controls are placed away from stove-top flame.
- Automatic stove shut-off's are installed if forgetfulness is an issue
- A single-lever faucet is used in the kitchen sink.
- Floor is slip proof, even in the event of spills.
- Counter tops and flooring uses a non-glare surface.
- Oven mitts and pan holders are kept near the stove and oven.
- Unplug kitchen appliances such as toaster and blender, when not in use.
- Knives are kept in a butcher block.
- Commonly used items are kept within easy reach, avoiding need for stools and/or tiptoes
- A stool or stepladder is available if needed, instead of using a chair.



Stairway & Hall

- Stairway steps are level
- Loose steps are repaired.

- Steps have non-skid strips. Avoid carpeting if possible.
- Hallways have motion sensed or automatic night lights.
- Handrails are installed on both sides of the stairway.
- Stairways and hallways are well lit.
- Light switches are located at the top and bottom of stairways and beginning and end of hallways.
- Step edges are clearly visible, use luminescent tape if helpful.
- Stairways and hallways are clear of tripping hazards.
- Doors swing away from stair steps.



Living Room

- Electrical cords are placed along walls or under furniture, and do not present a tripping hazard.
- Chairs are sturdy and in good condition.
- Chairs and sofas are easy to sit down on and get out of.
- Furniture is spaced to allow for easy walking, with no obstacles.
- Furniture does not tilt, which can cause falls if leaned upon.
- Shelving and cabinets are secure and will not fall over if leaned upon.
- Living room is well lit, with light switch by entrance way.



Bathroom

- Non-skid flooring, mat or strips in the bathtub or shower.
- Use glass or plexi-glass shower doors, not shower curtains. Adds support in case of loss of balance.
- Grab bars are installed on the walls inside and by the entrance to the bathtub or the shower.
- Grab bars are installed by the toilet.
- Consider elevated toilet sit.
- Consider toilet-bidets. Increases hygiene and shown to significantly reduce UTI's.
- Install fold-down seat in shower.
- Install no-step or curbless shower.
- Towel bars double as grab bars, in the event they are mistakenly leaned upon for balance.
- A single-lever faucet is used, or motion sensed faucets are installed.
- Bathroom flooring is non-skid.
- Bathroom has even lighting without glare. The light switch is near the door.
- The outlets are ground fault circuit interrupters (GFCI) that protect against electric shock.



Bedroom

- Flashlight is kept on night table.
- Motion sensed night-light or voice activate smart lighting.
- Walking path around your bed is wide and uncluttered.
- Dressers, cabinets and shelving are secure and will not fall when leaned upon.
- Carpeting is low pile or berber or other non-slip flooring.
- Bedroom is on first floor, if possible.



Outdoor Area

- Walkways are level, with no cracks or tripping hazards.
- Steps are secure, and easy to see.
- Handrails are on both sides of steps.
- Chair or stool next to front door, where bags or purse can be placed.
- Doorways, door lock, steps, porches, and walkways are well lit.
- No trees, shrubs or obstructions for burglars to conceal themselves behind.
- Yard is well maintained. Less likely to attract burglars.
- Garage is well ventilated.



General Safety

- List of emergency contacts and phone numbers next to each telephone.
- Telephones in each room, reachable in case of an emergency. Or wear a medical alert system.
- Easy to use door handles and locks, especially in the event of a smoke or fire.
- Lever door handles with end-return, instead of knobs.
- Level or no door thresholds.
- Casement or awning windows, with crank
- Hot water tank is set to a maximum 110°F to prevent scalding.
- Area, scatter and oriental rugs are secured to the floor and the edges are not curling up.
- All electrical equipment bears the Underwriters laboratories (UL) label.
- Ground fault circuit interrupters (GFCI) are installed to prevent electrical overload shock.
- Electrical wiring is up to code (call utility or electrician).
- Extension cords and outlets are not overloaded.
- Electrical cords are not hanging, in walking paths or underneath carpets.
- Smoke alarms are installed and batteries changed annually.
- Carbon dioxide detectors are installed in bedrooms and living areas.
- Space heaters placed 3 feet away from other objects like furniture, drapes or curtains.
- Fire extinguisher by the kitchen and any other wood stoves or fireplaces.