

# Home Safety and Security Checklist

Use this list to identify fall hazards and accessibility, safety, and security issues.

General Living Areas	Yes / No	Action Taken
Is there adequate lighting throughout the house?	<input type="checkbox"/> <input type="checkbox"/>	
Are there night lights in the bedroom and bathrooms?	<input type="checkbox"/> <input type="checkbox"/>	
Are doors wide enough for a walker or wheelchair?	<input type="checkbox"/> <input type="checkbox"/>	
Is furniture arranged for safe traffic flow?	<input type="checkbox"/> <input type="checkbox"/>	
Are walking pathways uncluttered?	<input type="checkbox"/> <input type="checkbox"/>	
Are changes in floor levels obvious or marked in some way?	<input type="checkbox"/> <input type="checkbox"/>	
Is it easy to get up and down safely from chairs, sofas, and other seats?	<input type="checkbox"/> <input type="checkbox"/>	
Can the TV, radio, light, or telephone be operated from the chair or sofa?	<input type="checkbox"/> <input type="checkbox"/>	
Are the windows safe and easy to open?	<input type="checkbox"/> <input type="checkbox"/>	
Are cords or wires in any walkway?	<input type="checkbox"/> <input type="checkbox"/>	
Are light bulbs the appropriate size and type for each lamp or fixture?	<input type="checkbox"/> <input type="checkbox"/>	

General Living Areas (con't.)	Yes / No	Action Taken
Do extension cords carry more than their proper load (as indicated by the rating labeled on the cord and the appliance)?	<input type="checkbox"/> <input type="checkbox"/>	
Are there working smoke detectors on every floor and in bedrooms?	<input type="checkbox"/> <input type="checkbox"/>	
Are the batteries in the smoke detectors checked every six months?	<input type="checkbox"/> <input type="checkbox"/>	
Is there a carbon monoxide detector?	<input type="checkbox"/> <input type="checkbox"/>	
Is there a fire extinguisher, and is someone in the home able to use it?	<input type="checkbox"/> <input type="checkbox"/>	
Is carpeting secure?	<input type="checkbox"/> <input type="checkbox"/>	
Are throw rugs and runners slip-resistant or tacked or taped down?	<input type="checkbox"/> <input type="checkbox"/>	
Are shelves well-secured to the wall and not overburdened with items that could fall?	<input type="checkbox"/> <input type="checkbox"/>	
Is the telephone readily available for emergencies?	<input type="checkbox"/> <input type="checkbox"/>	
Are emergency phone numbers posted near each telephone?	<input type="checkbox"/> <input type="checkbox"/>	
If smoking takes place in the home, are lit cigarettes ever left unattended?	<input type="checkbox"/> <input type="checkbox"/>	

Stairways	Yes / No	Action Taken
Are there secure handrails?	<input type="checkbox"/> <input type="checkbox"/>	
Are there light switches at both the top and bottom of the stairs?	<input type="checkbox"/> <input type="checkbox"/>	
Is there adequate lighting?	<input type="checkbox"/> <input type="checkbox"/>	
Is the covering or carpet secure?	<input type="checkbox"/> <input type="checkbox"/>	
Are the steps free of clutter?	<input type="checkbox"/> <input type="checkbox"/>	
Are throw rugs and runners kept away from stairs and landings?	<input type="checkbox"/> <input type="checkbox"/>	

Kitchen	Yes / No	Action Taken
Are the areas over the stove, counters, and sink well lit?	<input type="checkbox"/> <input type="checkbox"/>	
Are the appliances in working order?	<input type="checkbox"/> <input type="checkbox"/>	
Are all extension and appliance cords located away from the sink or range areas?	<input type="checkbox"/> <input type="checkbox"/>	
Can the refrigerator and freezer be opened and closed easily?	<input type="checkbox"/> <input type="checkbox"/>	
Can cabinets be opened and closed easily?	<input type="checkbox"/> <input type="checkbox"/>	
Are the dishes, pots, silverware, and food supply easily reached without climbing or bending?	<input type="checkbox"/> <input type="checkbox"/>	

Kitchen (cont.)	Yes / No	Action Taken
Are the stove controls easily reached and clearly marked?	<input type="checkbox"/> <input type="checkbox"/>	
Is a timer available as a reminder to turn off the burner?	<input type="checkbox"/> <input type="checkbox"/>	
Are potholders in easy reach but not hanging above the stove?	<input type="checkbox"/> <input type="checkbox"/>	
Are clothes with loose, flowing sleeves avoided when cooking?	<input type="checkbox"/> <input type="checkbox"/>	
Are pot handles turned away from the edges of the stove and from other burners when cooking?	<input type="checkbox"/> <input type="checkbox"/>	
Can the oven door be opened and closed easily?	<input type="checkbox"/> <input type="checkbox"/>	
Are the outlets easily reached?	<input type="checkbox"/> <input type="checkbox"/>	
Is food safely transported to the eating area?	<input type="checkbox"/> <input type="checkbox"/>	
Is there a stable, well-maintained step stool with handles?	<input type="checkbox"/> <input type="checkbox"/>	

Bathroom	Yes / No	Action Taken
Is there a tub bench or tub chair to assist with transfer into the tub or shower?	<input type="checkbox"/> <input type="checkbox"/>	
Are there grab bars where needed?	<input type="checkbox"/> <input type="checkbox"/>	
Is the bath mat skid-resistant?	<input type="checkbox"/> <input type="checkbox"/>	

Bathroom (cont.)	Yes / No	Action Taken
Is a safety frame, raised seat, or grab bar available to assist with transfer to the toilet?	<input type="checkbox"/> <input type="checkbox"/>	
Are the outlets within reach?	<input type="checkbox"/> <input type="checkbox"/>	
Are the light switches easy to use?	<input type="checkbox"/> <input type="checkbox"/>	
Are appliances such as hair dryers, shavers, and radios kept away from water?	<input type="checkbox"/> <input type="checkbox"/>	
Is the medicine cabinet cleaned out yearly?	<input type="checkbox"/> <input type="checkbox"/>	

Bedroom	Yes / No	Action Taken
Is a light switch accessible from the bed?	<input type="checkbox"/> <input type="checkbox"/>	
Is the telephone in easy reach?	<input type="checkbox"/> <input type="checkbox"/>	
Is there a clear path to the bathroom?	<input type="checkbox"/> <input type="checkbox"/>	
If a walking aid is used, is it next to the bed?	<input type="checkbox"/> <input type="checkbox"/>	
Is there a flashlight with fresh batteries within easy reach of the bed?	<input type="checkbox"/> <input type="checkbox"/>	

Outside	Yes / No	Action Taken
Are all entrances well lit?	<input type="checkbox"/> <input type="checkbox"/>	
Are the driveway, steps, footpath, and porches well lit?	<input type="checkbox"/> <input type="checkbox"/>	
Do steps and walk surfaces provide good traction (textured surfaces), and are they in good condition, free of clutter, snow, and leaves?	<input type="checkbox"/> <input type="checkbox"/>	
Do steps have a sturdy, easy-to-grip handrail?	<input type="checkbox"/> <input type="checkbox"/>	
Are steps' edges clearly marked?	<input type="checkbox"/> <input type="checkbox"/>	
Is the parking space close to the home entrance?	<input type="checkbox"/> <input type="checkbox"/>	
Is the door threshold too high or low to get in or out easily?	<input type="checkbox"/> <input type="checkbox"/>	
Can the doorbell be heard in every part of the house?	<input type="checkbox"/> <input type="checkbox"/>	
Is the door lock sturdy and easy to operate?	<input type="checkbox"/> <input type="checkbox"/>	
Can the mail be retrieved safely?	<input type="checkbox"/> <input type="checkbox"/>	
Is the number of the house clearly visible from the street and well lit at night?	<input type="checkbox"/> <input type="checkbox"/>	

Personal Safety	Yes / No	Action Taken
Are shoes with good traction worn around the home, rather than socks or bare feet?	<input type="checkbox"/> <input type="checkbox"/>	
Do shoes have low, flat heels?	<input type="checkbox"/> <input type="checkbox"/>	
Do slippers have non-slip soles?	<input type="checkbox"/> <input type="checkbox"/>	
Does clothing fit securely, with no dangling cords or hems?	<input type="checkbox"/> <input type="checkbox"/>	
Does your loved one get up slowly from sitting or lying down to avoid becoming dizzy?	<input type="checkbox"/> <input type="checkbox"/>	
When carrying items, do you (and your loved one, if applicable) carry smaller loads, especially on stairs, and make extra trips if necessary?	<input type="checkbox"/> <input type="checkbox"/>	
Do you and your loved one know how to reduce the impact of a fall by relaxing and letting your muscles go limp and rolling as you fall?	<input type="checkbox"/> <input type="checkbox"/>	
Have you and your loved one learned the stop, drop, and roll technique if an article of clothing lights on fire?	<input type="checkbox"/> <input type="checkbox"/>	