HOME SAFETY IS NO ACCIDENT

Date Inspection Completed: _____

If a senior is to stay at home in a safe environment there are many things that can be done to make their home safe. Print out and complete the following checklist to ensure their home is a safe place to live.

Throughout your home

☐ Electric cords are properly plugged in and safely tucked away

☐ Extension cords aren't overloaded

☐ Smoke and carbon monoxide detectors are present and have fresh batteries

☐ Electrical outlets aren't warm to the touch

☐ The home is well-lit – inside and outside

☐ Night lights are present in hallways, stairwells, bedrooms and bathrooms

☐ Electric heaters are placed away from curtains, rugs and furnishings

☐ Electric appliances are a safe distance from water

☐ Fireplace chimneys are clear of accumulation and checked yearly

☐ Light switches are present at the top and bottom of stairs

☐ Light switches are located near room entrances

☐ Stairwells are well-lit

☐ Stairways are free of objects

☐ Stair handrails are present and sturdy

☐ Stairs are marked for visibility with contrasting tape

☐ Steps are even and uniform in size and height

☐ Floors aren't slippery or highly polished

☐ Carpeting, linoleum and plastic stair treads are secure

☐ Carpets do not have holes or snags

☐ Carpet edges are securely fastened

☐ Water temperature is reduced to prevent scalding

☐ Water faucets are clearly marked hot and cold

☐ House smoking rules are established

☐ Rope ladders are available on upper levels

☐ Furnace is checked yearly

☐ Room furniture patterns permit easy access to doors and windows

☐ Rooms are free of floor clutter

☐ Pathways are free of objects

☐ Drawers, doors and windows open and shut easily

☐ Flashlights are available in every room

☐ Glow tape is stuck on key items to identify them in the dark

☐ Cleaners and poisons are clearly marked

☐ Step stools are sturdy

☐ Window and door locks are secure and operating

☐ Medications are properly stored and usage instructions are written down

☐ A first aid kit is available and contains up-to-date supplies.

In your kitchen

☐ Dishes and food are stored on lower shelves

☐ Towels and curtains are kept away from the stove

☐ Lighting is sufficient over stove, sink and countertops

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In your kitchen (continued)

❑ Radio and electric appliances are a safe distance from the sink

❑ "Off" indicators on stove and appliances are clearly marked with brightly colored tape

❑ A telephone is in the kitchen

❑ Emergency telephone numbers are displayed near the telephone and on the refrigerator

❑ A fire extinguisher is in easy reach and in working order

❑ Whistling teakettles and food timers are in use

❑ Food is properly stored in the freezer

❑ No expired food is in the refrigerator or cupboards

❑ Plastic, easy-open containers and dishes replace glassware

❑ Heavy pots or pans are replaced with lighter ones

❑ Pot holder mitts are available and used

❑ Refrigerator and stove are in good working order

❑ Sturdy step stools are available

❑ Pet dishes are tucked away from the walking path

In the bedroom

❑ Lamps and light switches are within reach of bed

❑ The electric blanket is in good working order

❑ The telephone is accessible from the bed

❑ An emergency telephone list is near the telephone

In the bedroom (continued)

❑ A flashlight and whistle are near the bed

❑ Medications are stored away from the nightstand

❑ The bed is an appropriate height

In your bathroom

❑ Non-skid decals and rubber mats are available for the tub and shower

❑ Floor rugs are secure and won't skid

❑ Grab bars and handrails are next to the toilet, and in the tub and shower

❑ Handrails are secure

❑ Shower and tub stools are present

❑ There is telephone access in the bathroom

Outside your home

❑ Tools and yard equipment are safely and securely stored

❑ Solvents, paints and sprays are clearly marked

❑ Goggles are worn when using power equipment

❑ Stair rails are secure

❑ Walking paths are clear and safe, with no holes in concrete

❑ Leaves and snow are cleared away

❑ There is telephone access while outside