

HOME SAFETY CHECKLIST

Below is a quick checklist to assess safety in your own home to reduce your risk of falls!
Checklists can be done by the homeowner, family member, friend, or caregiver.



EXTERIOR

- Is there overgrown landscape in the walkways?
 - Is there lighting over or near the entryway doors?
 - Motion detection lighting for use at night?
 - Are there secure handrails at all entry steps?
 - Are there large cracks in the walkways?
 - Are there broken or cracked steps?
 - Are garage walkways wide enough to safely walk?
 - Is there a security system to prevent home intrusion?
 - Is a ramp installation needed?
 - Door mats should be low-profile and not create a fall risk
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KITCHEN

- Are items that you use frequently easy to reach?
 - Is there a rubber floor mat in front of your sink?
 - Is medication stored in an accessible location?
 - Do you have a stable reliable step stool?
 - Is the refrigerator hard to open or unstable?
 - If you have pets, are food/water bowls clear of walkways?
 - Are smoke and carbon monoxide detectors present in the kitchen and throughout the home?
 - Are all appliances working correctly (no frayed wires or wires in walkway)?
 - Are “on” and “off” positions clearly marked on gas range dials?
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BATHROOM

- Is the bathtub difficult to step over?
 - Are frequently used items in the bathroom easy to access?
 - Do bath rugs have nonslip backing?
 - Is there a nightlight in the bathroom?
 - Are there slip-resistant grab bars in the bathroom and shower?
 - Is the toilet too low?
 - Are there support devices on or near the toilet?
 - Is the water temperature 120 degrees or lower?
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BEDROOM



- Is there a light switch you can reach in bed?
 - Is there something near the bed to assist you with getting up/out?
 - Are items easy to reach in the closet?
 - Can you access a telephone or medical pendant while in bed?
 - Is your bed too high or too low?
 - Are there night lights illuminating a safe pathway?
 - Is furniture arranged so that you can move around the room easily?
 - Do you have a charging station for devices near the bed?
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LIVING AREAS & HALLWAYS



- Are there any low-level tables or furniture that could cause tripping?
 - Is there a landline or cell phone charging station next to the sitting area?
 - Is there handrailing throughout the walkways (if needed)?
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ALL OTHER AREAS



- Are extension and telephone cords placed out of walkways?
- Are small rugs and runners slip resistant?
- Are carpets and rugs in good condition (free from trip hazards)?
- Are all floors even without abrupt elevation changes?
- Are rooms and passageways kept clear and uncluttered?
- Are all rooms and hallways lit?
- Are light switches accessible on entering the room?
- Are emergency numbers posted on or near the phone?
- Do you have access to a phone or a medical alert pendant if you fall (or experience some other emergency that would prevent you from standing/reaching a wall phone)?

Community Paramedic Sherry Mahaffey – Cocoa Beach Fire Department

Office: 321-868-3225

Cell: 321-522-6559

