

Home Safety Checklist

YES	NO	
		All Areas of the Home
		Are all extension, lamp, telephone and other cords out of the flow of traffic?
		To reduce the chance of shock or fire, are all cords along the wall and not under furniture, rugs, or carpeting?
		Are cords attached to the wall or baseboard with tape, rather than with nails or staples?
		Have all frayed or cracked cords been replaced?
		Are extension cords used only within the electrical ratings marked on both the cord and the appliance? Are cords overloaded?
		Has adequate heating or ventilation been insured by installing storm windows and air conditioning?
		Is there a light switch located near the entrance of each room, or is a night light installed?
		Is the house clear of clutter and simplified as much as possible?
		Are furnishings and often-used items always kept in the same place?
		Is constant noise and confusion avoided? Are the television and radio shut off when not in use?
		Electrical Outlets and Switches
		Do all outlets and switches have cover plates?
		Are all small electrical appliances unplugged when not in use? Electricity still flows between a plug and outlet when an appliance is turned off.
		Has any outlet or switch that feels warm or hot been checked by an electrician?
		Medications
		Are all medications stored in the containers that they came in?
		Is each medication clearly marked? Name of medicine, date purchased, how taken, when taken?
		Is outdated medication flushed down the toilet instead of put into the trash where small children may gain access to it?
		Light Bulbs
		Are all light bulbs the appropriate size and type for the lamp and fixture?
		Small Stoves and Space Heaters

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	Are all heaters and small stoves placed where they cannot be knocked over, away from furniture, rugs, curtains, and newspaper?
	Are all 3-prong plugs used with 3-holed outlets or with a properly attached adapter?
	Are kerosene heaters, gas heaters, and LP gas heaters properly installed and operated according to instructions with a proper venting system?
	Emergency Exit Plan
	In case of fire, has an emergency exit plan and an alternative emergency exit plan been established?
	Has a meeting place outside of the home been established so it can be determined that everyone has escaped?
	Does the senior practice the emergency plan?
	Rugs, Runners, Mats and Stairs
	Have all runners and small rugs been made slip-resistant by attaching double-faced adhesive carpet tape or rubber matting on their backs?
	Are rugs secured around all edges?
	Are rugs smooth and flat with no folds or wrinkles?
	Has all worn or loose carpeting, treads or risers on stairs been replaced in order to prevent falls?
	Have outside steps been painted with rough textured paint or covered with abrasive strips?
	Are the steps even, and the risers of the same size and height?
	Are the stairs well lit and, if possible, have light switches been installed at the top and bottom of the stairs?
	Do stairs have sturdy handrails or bannisters for support?
	If necessary, have ramps been installed for easy access in and out of the senior's home?
	Are stairways and hallways clear of clutter and loose objects?
	Telephone Areas
	Are emergency numbers listed in large print near every phone?
	If the senior falls and cannot reach a wall telephone do they have access to another phone?
	Smoke Detectors

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		Is there at least one smoke detector on every floor of the senior's home?
		Is the smoke detector placed near the bedroom, either on the ceiling or 6-12 inches below the ceiling on the wall?
		Have you made sure smoke detectors are not placed near air vents?
		Are smoke detectors tested monthly?
		Are batteries and bulbs checked and replaced according to the manufacturer's instructions?
		Is the smoke detector grillwork vacuumed regularly?
		Kitchen Area
		Have towels, curtains, and other things that might catch fire, been placed away from the range?
		Does the senior avoid wearing clothes with long loose fitting sleeves while cooking?
		Does the senior avoid using the gas range or the oven to heat the home?
		Does the step stool have a handrail and is it stable and in good repair?
		If the senior has difficulty grasping and turning regular faucets and handles, have they been replaced with levers?
		Chimneys and Fireplaces
		Have leaves or other debris that can clog a chimney or fireplace, been cleared away?
		Is the chimney checked and cleaned annually by a registered or licensed professional to prevent the wood burning buildup that can ignite and result in a fire?
		Passageways
		Are hallways between rooms and other heavy traffic areas well lit?
		Has furniture been arranged and clutter removed to clear passageways and exits?
		Bathrooms
		Are bathtubs, showers and bathroom floors equipped with non-skid mats or abrasive strips to prevent falls?
		Are bathtubs and showers equipped with strong, stable grab bars?
		Have stable shower seats or transfer benches been installed?
		Water Temperature

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		Has a qualified individual lowered the setting of the hot water heater to "low" or less than 120 degrees to prevent tap water scalds?
		Bedrooms
		Is there a flashlight, light switch or lamp beside each bed so seniors can see properly when getting out of bed?
		Are smoking materials, heaters, and other fire sources removed from close proximity to the bed or bedding?
		Is there a telephone close to the bed for the senior's use?
		Is the senior careful not to sleep with a heating pad that is turned on?
		Is the senior careful not to tuck in the sides of an electric blanket, and not to cover the blanket when it is turned on? The buildup of heat can start a fire.
		Do you occasionally go through the home and make sure that everything is still safe?