

HOME SAFETY CHECKLIST

Name: _____

Please v the box

Don't Know
or N/A

Yes

No

Living Room and Family Room:

- | | | | |
|--|--------------------------|--------------------------|--------------------------|
| 1. Can you turn on a light without having to walk into a dark room? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are lamps, extension or phone cords out of the flow of foot traffic? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are passageways free from objects and clutter (papers, furniture)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are curtains and furniture at least 12 inches from baseboard or portable heaters? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do your carpets lie flat? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do your small rugs and runners stay put (don't slide or roll up) when you push them with your foot? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Kitchen:

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 7. Are your stove controls easy to see and use? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you keep loose fitting clothing, towels, and curtains that may catch fire away from the burners and oven? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you have a step stool that is sturdy and in good repair? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Bedroom:

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 10. Do you have working smoke detectors on the ceiling outside your bedroom door? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Can you turn on a light without having to walk into a dark room? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Do you have a lamp or light switch within easy reach of your bed? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Is a phone within easy reach of your bed? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Is a light left on a night between your bed and the toilet? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Are the curtains and furniture at least 12 inches from your baseboard or portable heater? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Bathroom:

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 16. Does your shower or tub have a non-skid surface: mat, decals, or abrasive strips? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Does the tub/shower have a sturdy grab bar? (not towel rack) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Is your hot water temperature 120 degrees or lower? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Does your floor have a non-slip surface or does the rug have a non-skid backing? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Are you able to get off and on the toilet easily? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

	Yes	No	Don't Know or N/A
Stairways:			
21. Is there a light switch at both the top and bottom of inside stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. With the light on, can you clearly see the outline of each step as you go down the stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Do all stairways have sturdy handrails on both sides?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Do handrails run the full length of the stairs, slightly beyond the steps?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Are all the steps in good repair, not loose, broken, missing or worn in places?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Are stair coverings (rugs, treads) in good repair, without holes and not loose, torn or worn?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hallways and Passageways:

27. Do all small rugs or runners stay put (don't slide or roll up) when you push them with your foot?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Do your carpets lie flat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Are lamps, extension and/or phone cords out of the flow of foot traffic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Front and Back Entrances:

30. Do all entrances to your home have outdoor lights?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Are walk-ways to your entry free from cracks and holes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout Your House:

32. Do you have an emergency exit plan in case of fire?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Do you have emergency phone numbers listed by your phone?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Are there other hazards or unsafe areas in your home not mentioned in this checklist that you are concern about? If so, what are they? _____			

Make your home safer:

How are you going to improve your home to make it safer?

1. _____
2. _____
3. _____

Source:

San Francisco Dept. Of Public Health, Community and Home Injury Prevention Project for Seniors (CHIPPS) 12/2017 <https://www.sfdph.org/dph/comupg/oprograms/CHEP/Injury/CHIPPS.asp>