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Home Safety Checklist

Helping You Stay Safe, Comfortable, and Confident at Home

Your home should be a place where you feel secure, comfortable, and at ease. As we get older, small changes in balance, strength, vision, or mobility can turn everyday household items into potential safety concerns—often without us realizing it.

This checklist is designed to help you **identify common safety items in and around your home that may increase the risk of falls or injuries**. Many of these items are easy to overlook and can often be improved with simple, low-cost adjustments.

You do **not** need to fix everything on this list. Think of it as a helpful guide to:

- Spot possible safety concerns
- Start conversations about comfort and ease of living
- Decide what changes might help you stay in your home longer

Take your time going through each section. If something applies to your home, simply check it off. If you're unsure, that's okay—sometimes a second set of eyes can help.

Entryways & Hallways

- Walkways are clear of clutter, shoes, and packages
- Entry doors open and close easily
- Door thresholds are low and easy to step over
- Handrails are secure on any steps
- Adequate lighting is available near entrances
- Light switches are easy to reach when entering

Living Room & Common Areas

- Furniture is arranged to allow clear walking paths
 - Area rugs are secured or removed
 - Electrical cords are kept out of walkways
 - Chairs and sofas are easy to get in and out of
 - Lighting is bright enough for reading and walking
 - Lamps are within easy reach from seating areas
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Kitchen Safety

- Frequently used items are within easy reach
- Step stools are sturdy and have handrails (if used)
- Floors are non-slip and kept dry
- Stove controls are easy to see and use
- Fire extinguisher is accessible and up to date
- Smoke detector is installed and working

Bathroom Safety

- Grab bars are installed near the toilet and shower
- Non-slip mats are used inside and outside the shower
- Shower or tub has a stable entry
- Toilet height is comfortable for sitting and standing
- Adequate lighting is available, especially at night
- Towels and toiletries are easy to reach

Bedroom Safety

- Path from bed to bathroom is clear and well lit
- Bed height allows feet to rest flat on the floor
- Nightstand is within easy reach
- Phone or emergency contact device is nearby
- Lamps or night lights are easy to turn on

Stairs (If Applicable)

- Handrails are installed on both sides of stairs
 - Steps are even and in good repair
 - Stairways are well lit from top to bottom
 - No loose carpeting or runners on steps
 - Light switches are available at both ends
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Laundry & Utility Areas

- Floors are dry and free of clutter
- Detergents and supplies are easy to reach
- Adequate lighting is available
- Machines are easy to access and operate

Outdoor Areas

- Walkways and driveways are even and well maintained
- Steps and porches have secure handrails
- Outdoor lighting works properly
- Snow, ice, and leaves are regularly removed
- Garden hoses and tools are stored safely

General Home Safety

- Smoke and carbon monoxide detectors are installed and tested
- Emergency numbers are posted near the phone
- Medications are clearly labeled and easy to manage
- Vision or hearing concerns are addressed
- You feel confident moving around your home

A Final Thought

Many falls and injuries happen because of small, preventable issues. Identifying them early can help you maintain your independence and peace of mind.

If you would ever like a **free, no-obligation home safety check**, a trained professional can walk through your home with you, answer questions, and point out potential concerns—no pressure and no required repairs.

Your safety matters. Small changes today can make a big difference tomorrow.

Helping You Stay in the Home You Love — Safely and Comfortably.