

Whole-Home Safety Checklist

Use this checklist to review your home one area at a time. You do not need to make every change at once. Begin with the places you use most often and the hazards most likely to cause a fall or injury.

Lighting and visibility

- ☐ Rooms, hallways, stairs and entrances are brightly and evenly lit.
- ☐ Light switches are easy to reach.
- ☐ Night-lights illuminate the route from the bedroom to the bathroom.
- ☐ Furniture, doorways and step edges are easy to distinguish from their surroundings.
- ☐ Glare, deep shadows and visually confusing patterns are minimized.

Floors and walking routes

- ☐ Regular walking routes are wide, direct and free from clutter.
- ☐ Loose rugs, trailing cables and unstable mats have been removed or secured.
- ☐ Raised carpet edges, uneven flooring and thresholds have been repaired.
- ☐ Shoes, bags, pet items and other objects are kept off the floor.
- ☐ There is enough space to use a walking aid safely.
- ☐ Furniture used for support is not replacing a properly assessed walking aid or handrail.

Everyday activities

- ☐ Frequently used items are stored between waist and shoulder height.
- ☐ Daily tasks can be completed without excessive bending, stretching or carrying.
- ☐ Heavy, sharp, hot and breakable items are stored and handled safely.
- ☐ Stable seating is available for dressing, food preparation and other tiring tasks.
- ☐ Activities involving heat or sharp objects are performed when movement is most reliable.

Bathroom

- ☐ The floor is clear, and wet areas have slip-resistant surfaces.
- ☐ Grab rails are securely fitted in appropriate positions.
- ☐ Towel rails, taps and shower doors are not used for support.
- ☐ A suitable shower chair, bath board or toilet aid is available if needed.
- ☐ Toiletries and towels can be reached without bending or twisting.
- ☐ The door can be opened from outside in an emergency.

Bedroom and nighttime safety

- ☐ A light switch, telephone and personal alarm are within reach of the bed.
- ☐ The route to the bathroom is clear and well lit.
- ☐ The bed is stable and at a suitable height.
- ☐ The bedside table will not move if touched.
- ☐ Secure, slip-resistant footwear is available before standing.
- ☐ Bed rails or transfer equipment have been professionally assessed and correctly fitted.

Stairs and entrances

- ☐ Stairs have secure handrails and bright, even lighting.
- ☐ Steps and landings are free from stored objects.
- ☐ Step edges are clearly visible without confusing patterns.
- ☐ Outdoor steps, paths and entrances are free from ice, wet leaves and other hazards.
- ☐ Doormats lie flat and do not move.
- ☐ Bags and parcels can be managed without blocking the view or preventing use of the handrail.

Emergency readiness

- ☐ Emergency telephone numbers are easy to find.
- ☐ A telephone or personal alert device can be reached from frequently used areas.
- ☐ Family members or caregivers know how to enter the home in an emergency.
- ☐ Medication information and important medical details are kept up to date.
- ☐ There is a plan for getting help after a fall without attempting to stand unsafely.

Where to begin

If you identify several problems, start with one frequently used route - such as the path between the bed and bathroom - and correct the most immediate hazard first. An occupational therapist can help prioritize changes based on your movement, routines and home layout.

Print, save or share this checklist with family members, caregivers and healthcare professionals.