

Home Safety Checklist

You will find a series of checklists. Use these lists as you go through your home. Make a check mark next to those items or behaviors that you already have. If there are items that you do not check, then your home is not as safe as it could be. By improving those items not marked, you can make your home a safer and more comfortable place to live.

General Safety

- Emergency numbers and your address are posted by each telephone.
- Telephones are located in each room. They can be reached from the floor in case of a fall.
- Inside and outside door handles and locks are easy to operate.
- Door thresholds are low and beveled or there are no thresholds.
- Windows open easily from the inside, but they have a secure locking system that can prevent someone from entering from the outside.
- Medications are stored in a safe place according to instructions on the label of the package or container.
- Carpeting and rugs are not worn or torn.
- Small, loose rugs have non-skid backing and are not placed in traffic areas of the home, OR REMOVE them altogether.
- Appliances, lamps, and cords are clean and in good condition.
- There are no exposed, glaring bulbs in lamps or fixtures.
- Extension cords do not carry more than their proper load as indicated on the cord or appliance.
- Electrical cords are placed out of the flow of traffic and out from underneath rugs and furniture.
- Smoke alarms are present in the home and are in working order. One way to help you remember to change the batteries is to replace them on your birthday—don't forget to mark it on your calendar.

Kitchen

- _____ The range and sink areas have adequate light levels.
- _____ If you have a gas range, it is equipped with pilot lights and an automatic cut-off in the event of flame failure.
- _____ The range is not where curtains might fall onto a burner.
- _____ The kitchen exhaust system is internally vented, discharges directly outside, or discharges through ducts to the outside and not into the attic or other unused space.
- _____ Countertop space lets you keep carrying and lifting to a minimum.
- _____ Kitchen wall cabinets are not too high to be easily reached.
- _____ Lighting of counter tops is enough for meal preparation.
- _____ Light switches are located near the doors
- _____ Oven controls are clearly marked and easily grasped.
- _____ Oven controls are located on the front or side of the oven, so that you don't have to reach over the burners.
- _____ A single-lever mixing faucet is used. This type of faucet controls both the hot and cold water flow with a single control.
- _____ Flooring is not slippery and has a non-glare surface.
- _____ When cooking, pan handles are turned away from other burners and the edge of the range.
- _____ When cooking, you do not wear garments with long, loose sleeves.
- _____ Hot pads and pan holders are kept near the range.
- _____ If you have a microwave, it is operated only when there is food in it.
- _____ Small appliances are unplugged when not in use.
- _____ Knives are kept in a knife rack or drawer.
- _____ Countertops and work areas are cleared of all unnecessary objects.
- _____ Drawers and cupboards are kept closed.
- _____ A sturdy, stable stepladder or step stool is used rather than a chair to reach

objects in overhead cabinets.

_____ Grease or liquid spills are wiped up at once

Stairways and Halls

_____ Steps are in good condition and are free of objects.

_____ Steps have non-skid strips. Carpeting on steps is securely fastened and free of fraying or holes.

_____ Smoke detectors are in place in hallways and near sleeping areas.

_____ Hallways are equipped with night-lights.

_____ Sturdy handrails are on both sides of stairway and are securely fastened.

_____ Light switches are located at the top and bottom of stairways and at both ends of long hallways.

_____ Inside doors do not swing out over stair steps.

_____ There is enough space in the stairway to avoid bumping your head.

_____ Room entrances do not have raised door thresholds.

_____ It is easy to see the leading edge or nosing of each stair tread while walking down stairs.

_____ Stairways and hallways are well lighted.

Living Room

_____ Electrical cords are placed along walls (not under rugs) and away from traffic areas.

_____ Chairs and sofas are sturdy and secure.

_____ Chairs and sofas are not too low or too deep to get in and out of easily.

_____ Chairs and sofas have full arms to aid in sitting or rising.

_____ The light switch is located near the entrance.

_____ There is enough space to walk through the room leaving clear passageways for traffic.

_____ Furniture, which might be used for support when walking or rising, is steady and does not tilt.

Bathroom

- _____ The bathtub or shower has a non-skid mat or strips on the standing area.
- _____ Bathtub or shower doors are safety glass or plastic.
- _____ Grab bars are installed on the walls by the bathtub and toilet.
- _____ The towel bars and the soap dish in the shower stall are durable and are firmly installed.
- _____ A single-lever mixing faucet is used, or you have faucet handles that are easy to grasp.
- _____ Bathroom flooring is matte-finished, textured tile, or low pile commercial carpet (no throw rugs or bathmats).
- _____ Bathroom has even lighting without glare. The light switch is near the door.
- _____ The bathroom door opens outward.
- _____ The bathroom has a safe supplemental heat source and ventilation system.
- _____ The outlets are ground fault circuit interrupters (GFCI) that protect against electric shock.

Bedroom

- _____ A lamp or flashlight is kept within reach of your bed. Check batteries periodically to make sure they are working, and keep a spare package of batteries nearby.
- _____ A night-light is used to brighten the way to the bathroom at night.
- _____ Plenty of room is left for you to walk around the bed.
- _____ You have an adequate-sized nightstand or small table for the telephone, glasses, or other important items.
- _____ There is a sturdy chair with arms where you can sit to dress.
- _____ You have wall-to-wall low pile carpeting or a smooth surface floor.
- _____ Your bedroom is located on the first floor of the home. A telephone jack is installed in the room.

Outdoor Area

____ Steps and walkways are in good condition.

____ Handrails are sturdy and securely fastened.

____ Doorways, steps, porches, and walkways have good lighting.

____ Porches, balconies, terraces, window wells, and other heights or depressions are protected by railings, closed with banisters, closed with fences, closed with accordion gates, or are otherwise protected.

____ Hedges, trees, or shrubs do not hide the view of the street.

____ Garage doors are easy for you to operate, even when snow is piled against them.

____ The garage is adequately ventilated

Resource:

NORTH CAROLINA COOPERATIVE EXTENSION SERVICE

<http://www.ces.ncsu.edu/depts/fcs/pdfs/FCS-461.pdf>