

Home Safety Checklist



Perry
Lutheran
Home

Outside

- Handrails on both sides of the stairs
- Adequate outdoor lighting for good nighttime visibility, especially on stairs and walkways
- Clear walking path. Remove any bushes, trees, or other objects obstructing the path.
- Walkways and stairs are in good condition (no broken cement or pavers)

Tip: During the winter months, put a small bag of ice melt in your car. Before you step out of your car, put a little down on the ground where you will be stepping.

Notes: _____

Kitchen

- Easy access to a working fire extinguisher
- Smoke alarm installed and working
- Move items in your cabinets to lower shelves to make it easier to get.
- If you must use a step stool, use one with a bar to hold on to and never use a chair.
- Area around the range is free from grease build-up and clutter, including towels, curtains, potholders, or anything that could easily catch fire
- Adequate lighting especially near the stove, sink and countertop work areas

Tip: Switching to LED lights will decrease the number of times that the lightbulb needs to be changed.

Notes: _____

Living Room

- Clear path throughout living room area
- Clear path to all doorways
- Remove any clutter. This may mean getting rid of furniture.
- Furniture is stable and doesn't move when leaned on.
- Smoke alarm installed and working
- Remove throw rugs
- Electrical cords are next to wall
- Portable space heaters are at least 3 feet from walls, furniture, curtains, rugs, newspapers, and any other flammable materials
- Portable space heaters are stable

Notes: _____

Bathroom

- Medications are clearly labeled. Dispose of any outdated medicines.
- Nonskid mat or abrasive strips in the bath or shower.
- Safety grab bars in the tub or shower. It is best to have one outside of the tub/shower and one inside the tub/shower.
- A light or night light on throughout the night
- Shower bench in tub or shower
- Hand-held showerhead installed
- Raised toilet seat and/or grab bar installed next to the toilet

Tip: Installing automatic lights and nightlights provides adequate lighting while decreasing the chances of failing to turn them on.

Notes: _____

Bedroom

- Easy access to a light near the bed and/or night light
- Clear path from bed to bathroom
- Clear path from bed to doorway
- Smoke alarm installed and working
- Remove throw rugs
- Furniture is stable and doesn't move when leaned on
- Telephone is within reach in case of an emergency
- Consider additional safety devices for bedroom as needs such as bedrails or assistive devices such as a walker
- Use remotes as needed for television, lamps, fans, etc.

Tip: Check your smoke alarms and change the batteries when you change your clocks twice a year as daylight savings time begins and ends.

Notes: _____

Other Tips

- Easily able to get through all doorways, including with assistive devices.
- Emergency contact information is near telephones
- Wear a medical alert device that provides a "Call for Help" pushbutton
- Floors throughout home are in good condition (flat and uniform)

Notes: _____
