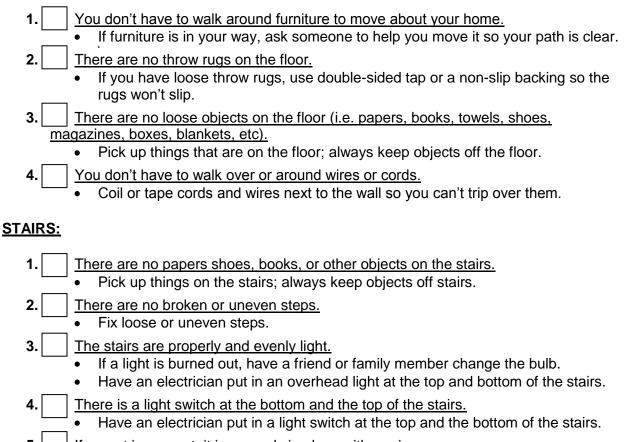
# **CHECKLIST TO A SAFE HOME-**

## FLOORS:



- 5. If carpet is present, it is securely in place with no rips.
  - Make sure the carpet is firmly attached to ever step, or remove the carpet and attach non-slip rubber treads to the stairs.
- 6. <u>The hand rails are secure and on both sides of the stairs.</u>
  - Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

## **KITCHENS:**

- 1. Things you use often are on low shelves.
  - Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- 2. If you use a step stool, it should be sturdy.
  - If you must use a step stool, get one with a bar to hold on to. NEVER use a chair as a step stool.

#### **BATHROOMS:**

- 1. <u>The tub or shower floor is not slippery.</u>
  - Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

2. Use grab bars to get in and out of tub if you need extra support.

Have a carpenter put grab bars inside the tub and next to the toilet. Consider • using a shower chair while bathing as well.

### **BEDROOMS:**

- 1.
- <u>The light near your bed is easy to reach.</u>
  Place a lamp close to the bed where it's easy to reach.
- 2.
- <u>The path form your bed to the bathroom is well lit.</u>Put in a night-light so you can see where you're walking.