

CHECKLIST TO A SAFE HOME-

FLOORS:

1. You don't have to walk around furniture to move about your home.
 - If furniture is in your way, ask someone to help you move it so your path is clear.
2. There are no throw rugs on the floor.
 - If you have loose throw rugs, use double-sided tap or a non-slip backing so the rugs won't slip.
3. There are no loose objects on the floor (i.e. papers, books, towels, shoes, magazines, boxes, blankets, etc).
 - Pick up things that are on the floor; always keep objects off the floor.
4. You don't have to walk over or around wires or cords.
 - Coil or tape cords and wires next to the wall so you can't trip over them.

STAIRS:

1. There are no papers shoes, books, or other objects on the stairs.
 - Pick up things on the stairs; always keep objects off stairs.
2. There are no broken or uneven steps.
 - Fix loose or uneven steps.
3. The stairs are properly and evenly light.
 - If a light is burned out, have a friend or family member change the bulb.
 - Have an electrician put in an overhead light at the top and bottom of the stairs.
4. There is a light switch at the bottom and the top of the stairs.
 - Have an electrician put in a light switch at the top and the bottom of the stairs.
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. The hand rails are secure and on both sides of the stairs.
 - 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. The tub or shower floor is not slippery.
 - 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. The light near your bed is easy to reach.
 - Place a lamp close to the bed where it's easy to reach.
2. The path from your bed to the bathroom is well lit.
 - Put in a night-light so you can see where you're walking.