

Safety First: The Essential Checklist For Your Home

Creating a safe home environment for seniors involves addressing potential risks in every area of the home. This detailed, room-by-room checklist will guide you in ensuring the safety and comfort of your loved ones.

Your Room-by-Room Home Safety Checklist

Living Room & Common Areas

Tripping Hazards:

- ✓ Clear clutter, cords, and small furniture from pathways.
- ✓ Secure or remove rugs with non-slip backing.

Lighting:

- ✓ Ensure rooms are well-lit with easily accessible light switches.
- ✓ Add motion-sensor or plug-in nightlights.

Furniture Placement:

- ✓ Arrange furniture to allow wide pathways for walking aids.
- ✓ Avoid sharp-edged tables; use corner protectors.

Bathroom

Grab Bars:

- ✓ Install grab bars near the toilet, shower, and bathtub.

Non-Slip Surfaces:

- ✓ Place non-slip mats in the shower, bathtub, and bathroom floor.

Accessible Fixtures:

- ✓ Use a raised toilet seat and a handheld showerhead.
- ✓ Provide a shower chair or bench for stability.

Storage:

- ✓ Keep toiletries and towels within easy reach to prevent overreaching.

Kitchen

Accessible Storage:

- ✓ Store frequently used items on lower shelves or countertops.

Appliance Safety:

- ✓ Use appliances with automatic shut-off features, like kettles or stoves.

Spill Prevention:

- ✓ Clean spills immediately and use non-slip mats near sinks.

Fire Safety:

- ✓ Keep a fire extinguisher easily accessible.

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Bedroom

Bed Accessibility:

- ✓ Ensure the bed is at a safe and comfortable height.

Lighting:

- ✓ Place a lamp or light switch within reach of the bed or a motion detector nightlight.

Emergency Items:

- ✓ Keep a phone, glasses and medical alert device on the bedside table.

Hallways & Staircases

Lighting:

- ✓ Install motion-sensor lights or additional fixtures for staircases.

Handrails:

- ✓ Securely install handrails on both sides of staircases.

Non-Slip Steps:

- ✓ Add non-slip treads or brightly colored tape to highlight steps.

Medication Safety (All Areas)

Pill Organizers:

- ✓ Use a weekly or monthly organizer to manage doses.

Labeling:

- ✓ Clearly label medications and use large-print instructions.

Proper Storage:

- ✓ Store medications in a cool, dry place, out of reach of children or pets.

Safe Disposal:

- ✓ Dispose of expired or unused medications at a pharmacy.

Emergency Preparedness

Medical Alert System:

- ✓ Provide a wearable device for emergencies.

Contact Information:

- ✓ Post emergency numbers in visible areas, such as near phones.

Fire and Carbon Monoxide Safety:

- ✓ Install and test smoke and carbon monoxide detectors regularly.

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