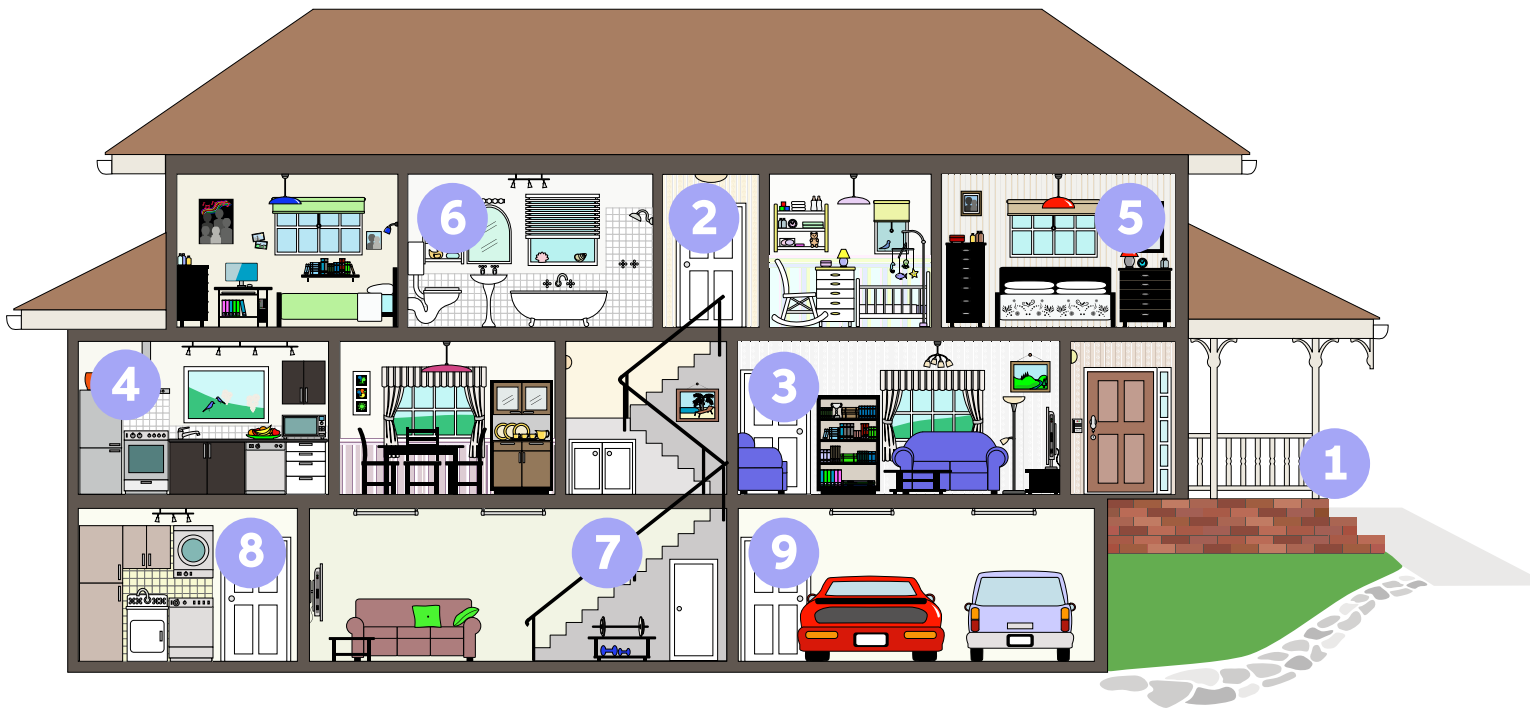


HOME SAFETY CHECKLIST

IDENTIFY HOME HAZARDS TO PREVENT FALLS

Reginald has spent several weeks in the hospital and in-patient rehab after a fall inside of his home that resulted in a broken arm. In a few days he'll be heading home with supports in place. His son, Jermaine, is researching ways to ensure the home is a safe for his return. To assist Jermaine, Dari has created this home safety checklist that will help him identify potential hazards and relevant modifications.



1 Entrances to Home

- Have at least one stable hand rail
- Repair damaged steps
- Add contrasting tape/paint to end of steps or thresholds
- Add outdoor automatic sensor lighting
- Install professional wheelchair ramp for home access
- Avoid and repair uneven or cracked pavement, call local government to repair sidewalk/driveway skirt
- Remove snow/ice on walkways
- Add grab bar next to the door

2 Hallway/Foyer

- Keep floor surfaces dry
- Ensure carpet patterns are not too busy.
- Have carpet stretched or removed to eliminate wrinkles or bumps
- Add a carpet runner to slippery hallways or foyers and secure to the floor
- Eliminate clutter on floors by removing and/or organizing items. Examples: shoe tray, hooks for umbrella
- Install lighting wattage to allowable limits in lights. Add additional overhead or wall lighting
- Add removable wall lights to poorly lit areas

3 Living Room

- Remove scatter rug(s) or use a double-sided rug tape or a rug pad to secure rug to the floor
- Eliminate/donate clutter on floor surfaces
- Avoid carpets with confusing patterns
- Move items to be near an outlet or use extension cords and put behind furniture
- Install lighting wattage to allowable limits in lights. Add additional lamps or wall/overhead lights
- Place a block under shorter leg of unstable furniture
- Repair or replace broken chairs or tables
- Add furniture leg risers if chairs are too low
- Do not use unstable chairs that are too high or without arms
- Add "clapper" or other light switch control to lamps
- Rearrange furniture allowing quick access to wall switches or lamps
- Add space by removing additional items/furniture

4 Kitchen

- Move items to cabinet shelves closest to the counter
- Add hooks to wall for pots and pans used frequently
- Clear off counter clutter (use a Lazy Susan)
- Move kitchen table closer to counter for additional work space. Use a rolling cart for added work space
- Use a sturdy step ladder when needed
- Eliminate clutter/excessive furniture to add space. Remove a leaf from table and push closer to wall
- Remove scatter rug(s) or use a double-sided rug tape or rug pad to secure to floor
- Do not walk on a wet floor
- Wear shoes/socks with non-skid sole on slippery floor
- Change flooring surface to one that is less slippery
- Increase wattage of light bulbs to allowable level. Add under counter/overhead lighting
- Remove pet from the kitchen while cooking
- Add a pet gate, put outside or in a crate

5 Bedrooms

- Eliminate clutter on floor surfaces by placing items on shelves or storage. Consider donating or throwing out the items you no longer use
- Move items to be near an outlet or use extension cords and put behind furniture
- Have carpet stretched or removed to eliminate wrinkles or bumps
- Remove scatter rug(s) or use a double-sided rug tape or a rug pad to secure rug to the floor
- Bed too low (your knees are above the hips when sitting on the edge of the bed): Use bed risers below bed legs to raise height
- Bed too high (your legs do not touch the floor when sitting at the edge of the bed): Remove bed frame or use a lower profile mattress or box spring
- Place phone next to your bed during sleep
- Add two or more nightlights in the bedroom and along the hall or path to the bathroom
- Arrange TV remote, medications, lamp, glasses, magnifier, etc. on a bedside table for easy access
- Install a half bed rail to help get in and out of bed

6 Bathrooms

- Use a bath rug with non-skid bottom
- Add bath, shower, and toilet support grab bar(s). Hire a qualified professional for installation
- Add a bath chair along with grab bars to the tub or shower area
- Add a raised toilet seat for seats that are too low. Consider a lower profile toilet if it is too high
- Add a rubber bath mat or adhesive non-skid decals to the bottom of the tub
- Add a tub transfer bench to slide into high tubs or replace with a lower tub
- Remove clutter from all floor areas. Plastic units can be purchased to store bath items
- Add a nightlight

7 Staircases (Upper and Lower Levels)

- Increase wattage to allowable limits in lights
- Add additional overhead or wall lighting
- Add hand railing the entire length of the wall, ideally one on each side
- Eliminate clutter on floors
- Use railings for stability on steep steps
- Walk slowly up and down stairs with lights on
- Have others carry heavy or large items up or down the stairs
- Reduce daily use of stairs to reduce risk of falls
- Add adhesive stair treads or carpet runner on slippery steps

8 Laundry Room/Basement

- Increase wattage to allowable limits in lights. Add additional overhead or wall lighting
- Eliminate clutter on floors
- Move items to be near an outlet or use extension cords and put behind furniture
- Have the bottom of the stairs painted a different color so that you are aware of the last step

9 Garage

- Increase wattage to allowable limits in lights
- Add additional overhead or wall lighting
- Have uneven or cracked pavement repaired
- Be careful of slipping when getting in and out of car
- Eliminate/organize clutter on floors
- Remove/move unsecured loose items to a lower shelf and make sure they will not fall off the shelf
- Do not place shoes near the door to the garage
- Arrange a designated place to put shoes inside the garage or the home where you will not step on shoes
- Mark bottom step/threshold with contrasting tape or paint color to increase awareness of changes in height

There may be other home hazards present.
A professional home assessment (virtual) is recommended.