

## Home Safety Checklist

### PENNSYLVANIA NURSING HOME TRANSITION PROGRAM

A home should not be an obstacle that has to be confronted to do simple everyday tasks. The following checklist is provided to assist in determining high-risk areas that frequently need attention. It offers ideas to improve places that might not appear to be potentially hazardous.

#### Bathroom

- Can you get in and out of the bathtub or shower with ease?
- Are there non-skid bathmats on the shower floors?
- Is there a shower seat available?
- Is a hand-held showerhead installed for your use?
- Are there grab bars where you need them to be?
- Is the hot water heater regulated to prevent scalding?

#### Electric outlets

- Are electric switches easy to turn on and off?
- Are extension cords in good condition and are they out of the walkways to prevent tripping and falling?
- Are smoke detectors installed in appropriate areas, with working batteries?
- Is a telephone readily available in case of an emergency?
- Can the doorbell be heard throughout the home?

#### Floor Surfaces

- Is the floor surface slippery and likely to cause falls?
- Are there scatter rugs or doormats throughout the house?
- Are these rugs securely fastened?
- Are there changes in the levels of each room that are noticeable?

#### Kitchen

- Are appliances convenient and safe?
- Can cabinets be easily opened?
- Are cabinet contents reachable and removeable without difficulty?
- Can the oven and refrigerator be used safely?
- Are the oven controls and refrigerator doors easy to use?
- Is the height and depth of the counter space appropriate?
- Is there a place to sit safely while working in the kitchen?
- Are faucets easy to turn on and off?

## **Lighting and Ventilation**

- Is lighting located in areas such as the front door and stairways?
- Is lighting bright enough for safety?
- Is the home adequately ventilated?
- Are flashlights available for emergencies?
- Are nightlights placed in appropriate rooms?
  - Bedroom
  - Bathroom

## **Steps and walkways**

- Are the stairways in good condition?
- Are the steps broken or worn?
- Are the steps full of clutter?
- Are there handrails on both sides of the stairway?
- Are railings broken or missing?
- Are the steps themselves deep enough for ones entire foot to fit?

## **Windows and doors**

- Are the windows and doors easy to both open and close?
- Are locks sturdy and easy to operate?
- Are doorknobs difficult to turn, or are doors too heavy to hold open?
- Are doors wide enough for a walker or wheelchair to pass through?
- Are the thresholds on the floor within the doorway too high, increasing the chance of someone tripping over them?

## **Driveway and garage**

- Is there an adequate parking space available, with appropriate lighting?
- Is the parking available within reasonable proximity to the entrance of the home?
- Are there ramps to improve access to the home?