



Room-by-Room Home Safety Checklist

Walk through each room and check off what's done. Recheck every year, or whenever health or mobility changes.

Throughout the home

- ☐ Floors and walkways are clear of clutter, shoes, books, and boxes.
- ☐ Cords and cables run along walls, not across walkways.
- ☐ Throw rugs are removed, or secured with double-sided tape or a non-slip backing.
- ☐ Every room and hallway has bright lighting, with switches near the doorways.
- ☐ Night-lights light the path between the bedroom and the bathroom.
- ☐ Smoke and carbon monoxide alarms work and have fresh batteries.
- ☐ Emergency numbers are posted in large print near each phone.
- ☐ Frequently used furniture is sturdy enough to steady yourself on.

Entry and outdoors

- ☐ Outdoor steps and walkways are in good repair, with no loose bricks or cracks.
- ☐ Steps have non-slip treads or textured paint.
- ☐ There's a porch or entry light, ideally on a motion sensor or timer.
- ☐ A sturdy handrail or grab bar is beside the door.
- ☐ A bench or shelf by the door lets you set down packages before unlocking.
- ☐ If someone uses a walker or wheelchair, there's a ramp or a plan for one.

Stairs

- ☐ Handrails run along both sides of the stairs, the full length.
- ☐ Handrails are tight and easy to grip.
- ☐ There's a light switch at both the top and the bottom.
- ☐ Nothing is left on the steps.
- ☐ Carpet is firmly attached, or treads are non-slip.
- ☐ Step edges are easy to see (a strip of contrasting tape can help).

Bathroom

- ☐ Grab bars are installed near the toilet and on both the inside and outside of the tub and shower.
- ☐ There's a non-slip mat or strips inside the tub or shower.
- ☐ The rug outside the tub has a non-slip backing.
- ☐ A shower chair or tub transfer bench is in place if standing or stepping over the tub is hard.
- ☐ A handheld shower head makes seated bathing easier.
- ☐ A raised toilet seat or toilet safety frame is in place if getting up is hard.
- ☐ A night-light is on in the bathroom.
- ☐ The water heater is set to 120°F or lower to prevent burns.
- ☐ Towel bars and soap dishes are not being used as handholds.

Beyond the house

- ☐ Ask a doctor or pharmacist to review your medicines.
- ☐ Get a vision check every year.
- ☐ Do strength and balance exercises. Ask about tai chi or a PT referral.
- ☐ Talk to your doctor about fall risk, especially after a fall.



Bedroom

- ☐ A lamp is within reach of the bed, so you never get up in the dark.
- ☐ There's a night-light or motion light on the path to the bathroom.
- ☐ The bed is a height where your feet rest flat on the floor when you sit on the edge.
- ☐ A phone is within reach of the bed.
- ☐ Clothes and everyday items are stored where you can reach them without a stool.

Kitchen

- ☐ Everyday items are stored between waist and shoulder height.
- ☐ A sturdy step stool with a handle bar is available for anything higher. Never use a chair as a step stool.
- ☐ Spills are wiped up right away.
- ☐ Stove knobs are easy to read, and safety knobs or an automatic shut-off are in place if memory is a concern.
- ☐ A small seat or stool is handy if standing to cook is tiring.

Coming home after surgery

- ☐ Choose one sturdy chair with arms, ideally firm and not too low.
- ☐ Keep the phone and charger, medicines, water, glasses, TV remote, tissues, and a trash can within reach.
- ☐ Keep a reacher nearby so you don't have to bend.
- ☐ If you can, set up a bed on the main floor.
- ☐ Make sure there's a bathroom on that floor, or a bedside commode.
- ☐ Clear wide paths for a walker, at least as wide as the walker, through each room you'll use.
- ☐ Raised toilet seat or toilet safety frame.
- ☐ Shower chair or tub transfer bench, set to the height your team recommends.
- ☐ Grab bars where you sit, stand, and step.
- ☐ Handheld shower and long-handled sponge.
- ☐ Reacher or grabber.
- ☐ Sock aid.
- ☐ Long-handled shoehorn and slip-on shoes with backs.
- ☐ Long-handled sponge.
- ☐ Arrange for help with pets for the first weeks. Pets underfoot are a trip hazard.
- ☐ Attach a bag or tray to the walker so your hands stay on the handles.

My to-do list

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Your surgeon, doctor, physical therapist, or occupational therapist knows your situation best. Follow their instructions first.