
Home Safety & Fall-Prevention Checklist

Walk through the home room by room and check each item. Fix what you can now, and ask for help with the rest.

Floors & walkways

- ☐ Remove or tape down loose rugs and mats
- ☐ Keep cords, clutter, shoes and pet items out of walking paths
- ☐ Clean up spills right away
- ☐ Leave clear space to walk around furniture

Lighting

- ☐ Bright lights in every room, hallway and stairway
- ☐ Light switches easy to reach at room entrances
- ☐ Night lights between the bedroom and bathroom
- ☐ Flashlight within reach of the bed

Stairs & entrances

- ☐ Sturdy handrails on both sides of stairs
- ☐ Steps in good repair and not slippery
- ☐ Outside steps and walkways clear of ice, snow and leaves
- ☐ Porch and entrance lights working

Bathroom

- ☐ Grab bars by the toilet and in the tub or shower
- ☐ Non-slip mat or strips in the tub or shower
- ☐ Shower chair or tub bench if standing is hard
- ☐ Raised toilet seat if needed

Bedroom

- ☐ Lamp or light switch reachable from bed
- ☐ Clear path from bed to bathroom
- ☐ Phone within reach of the bed

- ☐ Bed at a height that is easy to get in and out of

Kitchen

- ☐ Everyday items on lower, easy-to-reach shelves
- ☐ No climbing on chairs; use a sturdy step stool with a handle if needed

Personal safety

- ☐ Wear supportive, non-slip shoes or slippers
- ☐ Use canes, walkers or other aids as your provider recommended
- ☐ Ask your doctor or pharmacist if any medicines cause dizziness or sleepiness
- ☐ Have vision checked regularly
- ☐ Ask your doctor about exercise or therapy for strength and balance

Emergencies

- ☐ Smoke and carbon monoxide detectors on every level, tested regularly
- ☐ Emergency numbers posted by the phone
- ☐ A plan for how to get help after a fall

Questions about care at home? Contact Right Care Services Inc

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Personal Care · Companion Care · CNA · Home Health Aides · Physical Therapy · Occupational Therapy · Skilled Nursing. Caregivers speak English and Spanish.

This is general information, not medical advice. Always talk with your doctor, nurse or pharmacist about your own health and care.

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