

Home Safety Checklist

- Emergency information posted by the phone and/or on refrigerator including important contacts, medical information, and home street address.
- Lock up and/or clearly label dangerous cleaning agents (such as bleach, liquid laundry, pods) chemicals (such as insecticides) etc.
- Consider storing items such as alcohol, matches, sharp objects, etc. in a locked cabinet.
- Lock up or remove firearms.
- Check smoke and carbon monoxide detectors and inspect regularly.
- Keep a flashlight by the bed.
- Secure things such as bookshelves, cabinets, etc.
- Secure or remove loose rugs, extension cords, or other items that may cause trips.
- Clear pathways of clutter, small furniture, electrical cords, etc.
- Install handrails along stairs and hallways.
- Fix loose floorboards.
- Get rid of unstable furniture (anything that wobbles, is missing legs, etc.).
- Use nonslip treads and/or mark edges of steps with bright tape.
- Be sure light switches are easy to locate and use.
- Consider aiming lights at walls or the ceiling to reduce glare.
- Make sure paths they take at night are lit. Consider using night-lights.
- Consider a raised toilet seat.
- Use rubber mats and nonslip strips on floors that might be wet.
- Consider placing all shelves at heights that are easy to reach to prevent reaching or items from falling overhead.
- Note and clearly label food expiration dates and review basic food safety tips.
- Be sure all medications are clearly labeled.
- Dispose of medications that are no longer needed.

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