

Home Safety Checklist

All Rooms

- Make thresholds even with floor, door saddles removed where possible
- Arrange furniture so you can easily get around it
- Reposition electrical and extension cords out of the way
- Keep exits and hallways clear
- Use stable chairs with armrests to help you get up
- Remove all rugs and mats
- Put light switches and electrical outlets within easy reach
- Use nightlights or low energy light bulbs that can be left on all night
- Don't leave anything on the floor that might cause you to trip.

Stairs

- Install handrails on both sides of stairways at the best height for you
- Make sure steps are even and in good condition
- Check that carpet adheres firmly along stairs; repair or replace worn carpet
- Choose a carpet that doesn't hide step edges or create illusions such as steps that appear deeper than they are
- Use good lighting (at least 60-watt bulbs) in stairways; install on-off switches at the top and bottom of stairs. Consider long life low energy light bulbs that can be left on
- Make sure stairs are clear of all objects
- Watch out for a single step - people often trip when there is only one step.

Bathroom

- Use rubber bathmats in bathtubs and showers
- Install at least x 1 grab rail in the shower/bath
- Mop up spills straight away
- Use raised toilet seats and install handrails within reach
- Always use a night-light.

Outside

- Ensure paths and steps are well lit
- Spread salt on icy pathways
- Keep pathways clear of overhanging branches/leaves and clutter
- Remove leaves and algae regularly
- Install handrails along any flight of outdoor steps
- Repair broken or uneven pavement on walkways and driveway.

Tips:

- Take your time and pay attention when you are using the stairs
- Be especially careful when carrying items especially large loads
- Wear supportive, well fitting shoes and slippers
- Take extra care on uneven steps/surfaces/unfamiliar territory
- Take extra care when you experience distraction around you for example pets or children.

A free home safety check service is available in the Southern Trust area (see Southern Safer Homes).