

Brief Home Safety Checklist: Below you will find a table of the rooms in your home. Use this checklist to go through each room in your home and see what places you might be at risk for falling. To fix some of these things, you may need to talk to your landlord/super or ask a family member, friend or a member of your healthcare team for help.

Home Safety Checklist:	If 'no', was the problem fixed?
<p>Bedroom</p> <ul style="list-style-type: none"> The light can be reached from the bed. <input type="checkbox"/> Yes <input type="checkbox"/> No The path between the bed and bathroom is well lit. <input type="checkbox"/> Yes <input type="checkbox"/> No The height of the bed allows you to easily get in and out. <input type="checkbox"/> Yes <input type="checkbox"/> No There are bars or stable furniture that you can hold on to that help you get in and out of the bed. <input type="checkbox"/> Yes <input type="checkbox"/> No There is a rug or carpet in your bedroom that can make you trip. <input type="checkbox"/> Yes <input type="checkbox"/> No There is an emergency alarm button next to your bed. <input type="checkbox"/> Yes <input type="checkbox"/> No You have your cell phone or home phone available next to your bed. <input type="checkbox"/> Yes <input type="checkbox"/> No 	<ul style="list-style-type: none"> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No
<p>Bathroom</p> <ul style="list-style-type: none"> The tub or shower has a nonslip mat. <input type="checkbox"/> Yes <input type="checkbox"/> No The bathtub has a secure grab bar installed. <input type="checkbox"/> Yes <input type="checkbox"/> No 	<ul style="list-style-type: none"> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No
<p>Floors</p> <ul style="list-style-type: none"> The floors are free of trip hazards (things like rugs, shoes, books, magazines, or boxes). <input type="checkbox"/> Yes <input type="checkbox"/> No There are broken floor tiles and uneven areas of the floor. <input type="checkbox"/> Yes <input type="checkbox"/> No There are wires for lamps, phones, or extension cords that you step around or over. <input type="checkbox"/> Yes <input type="checkbox"/> No 	<ul style="list-style-type: none"> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No
<p>Stairs</p> <ul style="list-style-type: none"> The stairwells in your home are well lit and have handrails. <input type="checkbox"/> Yes <input type="checkbox"/> No There are no objects on the steps. <input type="checkbox"/> Yes <input type="checkbox"/> No There are no loose rails or loose carpet on the stairs. <input type="checkbox"/> Yes <input type="checkbox"/> No 	<ul style="list-style-type: none"> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No