

## Home Safety Checklist

*Is your loved one safe in their home?*

*Take Our Home Safety Checklist to help answer your questions!*

Our goal is to be **“Pro-Active in Advance,”** helping families to safeguard the seniors in their life.

Once you have completed the safety checklist, sit and discuss with family the areas of concern and let Connecting Hearts Home Care work with you for solutions.

### **1. Floors:**

- Surfaces even and non-slip.
- Avoid throw rugs.
- No loose or torn carpeting.
- Large area rugs; anchor or have non-skid backing.
- No electrical, telephone, or extension cords exposed.
- Clutter or stacks of material on floor avoided, or removed.
- Clean spills immediately.
- Shoes: firm supportive shoes with corrugated or crepe soles.
- Do not wear slippers.

### **2. Steps/Stairways/Walkways:**

- Smooth, safe surface.
- In good shape.
- Handrails on both sides of the stairway.
- Light switches located at the top and bottom of the stairs.
- Enough space to put a ramp if necessary.
- Stairs deep enough for your whole foot.

### **3. Driveway and Garage:**

- A wide space to park.
- Parking is convenient to the entrance.
- Garage door opens automatically.

### **4. Windows & Doors:**

- Windows & doors easy to open and close.
- Locks are sturdy and easy to operate.
- Doorways accommodate a walker or wheelchair.
- Can walk through doorways easy.
- The front door has a view panel or peephole at the right height.

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### 5. Electrical Outlets/Switches/Alarms:

- Check electrical cords of appliances for fraying.
- Switches can easily turn off and on.
- Outlets properly grounded to prevent.
- Extension cords in good shape.
- Smoke detectors in all key areas.
- Doorbell can be heard through out house.
- Keep electrical appliances away from sinks and bathtubs.
- Avoid non-insulated wiring.

### 6. Telephone:

- Dials/digitals enlarged or lighted.
- Phone with easy reach during day and night.
- Emergency numbers near phone.
- Telephone volume control is set.

### 7. Kitchen:

- Use microwave instead of a stove or oven, for most safety.
- Room is arranged safely and conveniently.
- Oven and refrigerator opens easily.
- Stove controls are clearly marked & easy to use.
- Cabinet doorknobs easy to use.
- Faucets are easy to use.
- Frequently used items are on the lower shelf.
- A step stool with handles.
- If oven or stove is used:
  - \_\_\_ Do not wear long sleeves & loose clothing while cooking.
  - \_\_\_ Stove controls easily accessible.
  - \_\_\_ Pot handles turned to the back of stove.
  - \_\_\_ Fire extinguisher kept next to stove.

### 8. Lighting:

- Enough bright lights.
- Night-lights in halls and bathrooms.

### 9. Bathroom:

- Toilet extender and handrails.
- Handheld shower head.
- Bath or shower seat.
- Handrails in bath/shower.
- Skid-proof mat in tub.
- Hot water heater no higher than 120 degrees.

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**10. Fire Safety:**

- Smoke detectors on each floor and annual battery change on daylight savings date.
- All exits clear with ability to get out of each exit (keys for deadbolts handy).
- No smoking in bed.

**Problems and Ideas:**

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