

Home Safety Checklist

For Elderly Persons

Safety Item	YES	NO
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Appliance & Extension Cords		
Are electrical cords in good condition?		
Are electrical cords placed outside the flow of traffic?		
Are electrical cords pulled out from beneath furniture and rugs or carpeting?		
Are extension cords properly sized and not overloaded?		

- *If the rating on the cord is exceeded because of the power requirements of one or more appliances being used on the cord, replace the cord to a higher-rated one.*
- *Arrange furniture so that outlets are available for lamps and appliances without the use of extension cords.*

Fire & Electrical Safety		
Are kitchen, bath, and laundry rooms equipped with GFCI outlets to prevent electric shock?		
Are any outlets or switches unusually warm or hot to the touch?		
Do all outlets and switches have cover plates, so that no wiring is exposed?		
Are space heaters placed where they cannot be knocked over and away from furnishings and flammable materials, such as curtains and rugs?		

Rugs, Runners, & Mats		
Are all rugs and runners slip-resistant?		

- *Apply double-faced adhesive carpet tape or rubber matting to the backs of rugs and runners.*
- *Purchase rugs with slip-resistant backing.*
- *Check rugs and mats periodically to see if backing or tape needs to be replaced.*

Bath & Kitchen		
Are kitchen and bathroom ventilation systems or range exhausts functioning properly?		
Is the hot water temperature 120 degrees Fahrenheit or lower?		
Do bathtubs and showers have at least one grab bar?		
Are bathtubs and showers equipped with non-skid mats, abrasive strips, or surfaces that are not slippery?		
Are towels, curtains, and other things that might catch fire located away from the range?		

- *Check existing grab bars for strength and stability, and repair, if necessary.*
- *Check water temperature with thermometer to protect against scalding.*

General Safety Issues

Is there a working smoke detector with fresh batteries installed?		
Is there a working Carbon Monoxide alarm with fresh batteries installed?		
Are emergency phone numbers posted in a noticeable area?		
Is there an emergency exit plan?		
Is there access to a telephone or medical alert system in case of fall or medical emergency?		
Are all medicines stored in their original containers, and are they clearly marked?		

- *Smoke detectors should be installed on every level of the home, inside each room used for sleeping, and outside each sleeping area.*
- *CO alarms are recommended in homes with fuel-burning appliances, such as furnaces, water heaters or fireplaces.*
- *Develop an emergency exit plan and practice it frequently.*
- *Dispose of outdated medicines properly.*

Lighting

Does adequate lighting exist over the stove, sink and countertop work areas, especially where food is sliced?		
Can you turn on the lights without first having to walk through a dark area in all rooms?		
Are lamps and light switches within reach of each bed?		
Are hallways, passageways between rooms, and other heavy traffic areas well lit?		

- *Installing night lights at nearby outlets may improve visibility.*
- *Use energy-efficient LEDs to lighten up your home for less.*

Steps & Stairs

Are there light switches at the top and bottom of the stairs?		
Are stairs well lit?		
Do the steps allow secure footing?		
Are the coverings on the steps in good condition?		
Can you clearly see the edges of the steps?		
Are handrails installed and in good condition?		

- *Paint edges of outdoor steps white to see them better at night.*
- *Add extra lighting where needed.*
- *Consider replacing worn treads or carpeting.*

¹This checklist is based off the InterNACHI article, "Home Safety for the Elderly" with items included from GreenShield's Healthy Home Assessment.

²GreenShield's Jay Austin is certified by InterNACHI as a Certified Professional Inspector and Healthy Homes Inspector.

³This checklist is not all inclusive and may not be an indication of a hazard-free home.