

SAFE Aging

Home Safety Checklist

Have you checked your home for hazards that could cause falls? Any items checked "No" are potential hazards that require attention.

EXTERIOR

INSPECTION		
1. Are step surfaces non-slip?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are step edges visually marked to avoid tripping?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are steps in good repair?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are stairway handrails present?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are handrails securely fastened to fittings?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Are walkways covered with a non-slip surface and free of objects that could be tripped over?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Is sufficient outdoor lighting available to provide safe ambulation at night?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

TIPS for the EXETERIOR:

- Poor lighting may contribute to stairway tripping. Place light switches at top and bottom of stairway to avoid traveling up and down in the dark.
- Place night-lights at top and bottom step to provide visual cueing of steps. Use of colored non-slip adhesive strips will help define stair edges.
- Paint doorsills a different color to prevent tripping.

INTERIOR (general and living area/entrance)

INSPECTION		
1. Are lights bright enough to compensate for limited vision?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are light switches accessible before entering rooms?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are lights glare free?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are stairways adequately lit?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are handrails present on both sides of staircases?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Are handrails securely fastened to walls?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Are step edges outlined with colored adhesive tape and slip resistant?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

8. Are throw rugs secured with non-slip backing?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. Are carpet edges taped or tacked down?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. Are rooms uncluttered to permit unobstructed mobility?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11. Are chairs throughout home strong enough to provide support during transfers?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12. Are telephones accessible?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13. Are electrical and telephone cords taped down securely?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

TIPS for the INTERIOR (general and living area/entrance):

- Improve the lighting in your home. Use brighter light bulbs (at least 60 watts). Use lampshades or frosted bulbs to reduce glare.
- Thick pile carpets may lead to tripping. Carpets of uncut, low pile are preferable.
- Use polarized window glass or application of tinted material to windows to eliminate glare without reducing light. Reduce floor glare by repositioning light sources.
- Chair height should be at least 14-16 inches (from seat edge to floor) with armrests to provide leverage during sitting/rising for safer transfers.

KITCHEN

INSPECTION		
1. Are step stools strong enough to provide support? Are stool treads in good repair and slip resistant?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are commonly used items within easy reach? Are storage areas easily reached without having to stand on tiptoe or a chair?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are chairs wheel free, armrest equipped, and of proper height to allow for safe transfers?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are tables secure enough to provide support if leaned on?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are low-lying objects (coffee tables, step stools, etc.) that present a tripping hazard out of the way?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Are linoleum floors non-slip?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Is there a non-slip mat in the sink area to soak up	<input type="checkbox"/> Yes	<input type="checkbox"/> No

spilled water?		
8. If the pilot light goes out on the gas stove, is the gas odor strong enough to alert the individual?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

TIPS for the KITCHEN:

- On linoleum floors use slip-resistant floor wax with minimal buffing; use nonskid floor mat by kitchen sink to guard against wet floor.
- A well-organized kitchen area will make cooking and cleaning easier and prevent falls. Rearrange frequently used kitchen and closet items to avoid excessive reaching /bending. Use a hand-held reaching tools for hard-to-reach objects.

BATHROOM

INSPECTION		
1. Are doors wide enough to provide unobstructed entering with or without a device?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are door thresholds safe so that they don't present tripping hazards?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are floors slippery, especially when wet?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are skid-proof strips or mats in place in the tub or shower	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are tub and toilet grab bars available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Are grab bars securely fastened to the walls?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Is toilet seat height elevated at least 24" for easy transfers?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Is there sufficient, accessible, and glare-free light available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

TIPS for the BATHROOM:

- If you are on strong medication or in a frail condition, do not take a bath or shower by yourself
- Do not use towel racks for support.
- Check water temperature by hand before entering bathtub or shower.

BEDROOM

INSPECTION		
1. Is adequate and accessible lighting available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are night-lights and/or bedside lamps available for nighttime bathroom trips?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Is the pathway from the bed to the bathroom clear to provide unobstructed mobility	<input type="checkbox"/> Yes	<input type="checkbox"/> No

(especially at night)?		
4. Are beds of appropriate height to allow for safe on and off transfers?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are floors covered with a non-slip surface and free of objects that could be tripped over?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Can individual reach objects from closet shelves without standing on tiptoes or chair?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Is there a telephone with reach from the bed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

TIPS for the BEDROOM:

- Stand up slowly when rising from bed. Wait until your circulation adjusts to an upright position.
- Do not wear loose clothing that can get hooked on doorways or furniture as you walk.
- Pathway from the bed to bathroom should be unobstructed.
- Avoid stacking newspapers, books, and magazines on floor.
- Bed height of approximately 18 inches (from top of mattress to floor) allows for safe to transfer
- Bed mattress edge should be firm enough to support a seated person without sagging.

Other Things You Can Do to Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Wear sturdy shoes with thin, non-slip soles. Avoid slippers and running shoes with thick soles.

**For more information about fall prevention please call Ashley at 559.278.7539 or visit www.safecvc.org
A Consortium with California State University, Fresno**



safecvc.org

**Senior
Awareness
&
Fall
Education**

Central Valley Coalition