1110 Navaho Drive, Fourth Floor, Raleigh, NC 27609 (919) 872-7933  [www.resourcesforseniors.com](http://www.resourcesforseniors.com/)

Services and information for older adults and adults with disabilities in Wake County, North Carolina

**HOME SAFETY CHECKLIST**

Use this checklist to assess the homes of you and/or your loved ones for safety. **Remember to** **periodically re-check the home.**

**All Areas of The Home**

# Cords:

YES \_\_\_ NO \_\_\_ Are lamp, extension, and telephone cords placed out of the flow of traffic? YES \_\_\_ NO \_\_\_ Are cords out from beneath furniture and rugs or carpeting?

(For safety, correct answer is no.)

YES \_\_\_ NO \_\_\_ Are electrical cords in good condition, not frayed or cracked?

YES \_\_\_ NO \_\_\_ Do extension cords carry no more than their proper load, as indicated by the ratings labeled on the cord and the appliance?

# Rugs, runners, and mats:

YES \_\_\_ NO\_\_\_ Are all small rugs and runners slip-resistant?

# Telephones:

YES \_\_\_ NO \_\_\_ Are emergency numbers posted on or near the telephones?

YES \_\_\_ NO \_\_\_ Is there easy access to a telephone in case of a fall (or some other emergency which prevents from standing and reaching a wall phone)?

# Smoke detectors:

YES \_\_\_ NO \_\_\_ Are smoke detectors properly located?

YES \_\_\_ NO \_\_\_ Are the smoke detectors working properly? Are batteries changed regularly?

# Electrical outlets and switches:

YES \_\_\_ NO \_\_\_ Are any outlets and switches unusually warm or hot to the touch? (For safety, correct answer is no.)

YES \_\_\_ NO \_\_\_ Do all outlets and switches have cover plates, so that no wiring is exposed? YES \_\_\_ NO \_\_\_ Are light bulbs the appropriate size and type for the lamp or fixture?

# Space heaters:

YES \_\_\_ NO \_\_\_ Are heaters which come with a 3-prong plug being used in a 3-hole outlet or with a properly attached adapter?

YES \_\_\_ NO \_\_\_ Are small stoves and heaters placed where they cannot be knocked over, and away from furnishings and flammable materials, such as curtains or rugs?

YES \_\_\_ NO \_\_\_ If there is space heating equipment, such as a kerosene heater, gas heater or LP gas heater, does she/he understand the installation and operating instructions thoroughly?

# Wood-burning heating equipment:

YES \_\_\_ NO \_\_\_ Is wood-burning equipment installed properly?

**Kitchen**

YES \_\_\_ NO \_\_\_ Are towels, curtains, and other things that might catch fire located away from the range?

YES \_\_\_ NO \_\_\_ Does she/he wear clothing with short or close-fitting sleeves while cooking?

YES \_\_\_ NO \_\_\_ Are kitchen ventilation systems or range exhausts functioning properly and are they in use while she/he is cooking?

YES \_\_\_ NO \_\_\_ Are all extension cords and appliance cords located away from the sink or range areas?

YES \_\_\_ NO \_\_\_ Does good, even lighting exist over the stove, sink, and countertop work areas, especially where food is sliced or cut?

YES \_\_\_ NO \_\_\_ Does she/he have a step stool which is stable and in good repair?

**Living Room / Family Room**

YES \_\_\_ NO \_\_\_ Are chimneys clear from accumulations of leaves, and other debris that can clog them?

YES \_\_\_ NO \_\_\_ Has the chimney been cleaned within the past year?

**Hallways**

YES \_\_\_ NO \_\_\_ Are hallways, passageways between rooms, and other heavy traffic areas well lit?

YES \_\_\_ NO \_\_\_ Are exits and passageways kept clear?

**Stairs**

YES \_\_\_ NO \_\_\_ Are stairs well lit?

YES \_\_\_ NO \_\_\_ Are light switches located at both the top and bottom of the stairs? YES \_\_\_ NO \_\_\_ Are there handrails on all stairs?

YES \_\_\_ NO \_\_\_ Are handrails sturdy and securely attached? YES \_\_\_ NO \_\_\_ Do the steps allow secure footing?

YES \_\_\_ NO \_\_\_ Are steps even and of the same size and height?

YES \_\_\_ NO \_\_\_ Are any rugs or other coverings on the steps in good condition? YES \_\_\_ NO \_\_\_ Can she/he clearly see the edges of the steps?

(If not, consider marking with tape or paint.)

YES \_\_\_ NO \_\_\_ Is anything stored on the stairway, even temporarily? (For safety, correct answer is no.)

**Bathrooms**

YES \_\_\_ NO \_\_\_ Are bathtubs and showers equipped with non-skid mats, abrasive strips, or surfaces that are not slippery?

YES \_\_\_ NO \_\_\_ Do bathtubs and showers have at least one (preferably two) grab bars?

YES \_\_\_ NO \_\_\_ Is the water temperature 120 degrees or lower?

YES \_\_\_ NO \_\_\_ Is a light switch located near the entrance to the bathroom?

YES \_\_\_ NO \_\_\_ Are small electrical appliances such as hair dryers, shavers, curling irons, etc., unplugged when not in use?

YES \_\_\_ NO \_\_\_ Are all medicines stored in the containers that they came in, and are they clearly marked?

**Bedrooms**

YES \_\_\_ NO \_\_\_ Are lamps or light switches within reach of each bed?

YES \_\_\_ NO \_\_\_ Are ash trays, smoking materials, or other fire sources (heaters, hot plates, teapots, etc.) located away from beds or bedding?

YES \_\_\_ NO \_\_\_ Is anything covering her/his electric blanket when in use? (For safety, correct answer is no.)

YES \_\_\_ NO \_\_\_ Does she/he avoid “tucking in” the sides or ends of their electric blanket? YES \_\_\_ NO \_\_\_ Does she/he ever go to sleep with a heating pad that is turned on?

(For safety, correct answer is no.)

YES \_\_\_ NO \_\_\_ Is there a telephone close to her/his bed?

**Basement / Garage / Workshop / Storage Areas**

YES \_\_\_ NO \_\_\_ Are work areas, especially areas where power tools are used, well lit?

YES \_\_\_ NO \_\_\_ Can you turn on the lights without first having to walk through a dark area? YES \_\_\_ NO \_\_\_ If fuses are used, are they the correct size for the circuit?

YES \_\_\_ NO \_\_\_ Are power tools equipped with a 3-prong plug or marked to show that they are double insulated?

YES \_\_\_ NO \_\_\_ Do power tools have guards in place?

YES \_\_\_ NO \_\_\_ Has the grounding feature on any 3-prong plug been defeated by removal of the grounding pin or by improperly using an adapter?

(For safety, correct answer is no.)

YES \_\_\_ NO \_\_\_ Are containers of volatile liquids tightly capped?

YES \_\_\_ NO \_\_\_ Are gasoline, paints, solvents, or other products that give off vapors or fumes stored away from ignition sources?

**Emergency Plans**

YES \_\_\_ NO \_\_\_ Do you have an emergency exit plan in case of a fire?

YES \_\_\_ NO \_\_\_ Do you have an emergency kit, and plan of action, prepared in case of natural disaster or other emergency?