

Don't Let a Fall Be Your Wake-Up Call



HOME SAFETY CHECKLIST

Simple changes can help prevent falls and injuries—especially for seniors or those with mobility challenges.

Use this checklist to find and fix hazards in your home. Walk through each room and check off items to improve safety and peace of mind.

GENERAL SAFETY

- Keep objects off the stairs and floors
- Pick up clutter to keep walkways clear
- Coil or tape cords and wires next to walls
- Keep frequently used items on lower shelves
- Use a step stool with a hand bar—never use a chair

LIGHTING

- Place a lamp close to the bed
- Install nightlights in hallways and bathrooms
- Use light switches that glow in the dark
- Have an overhead light and switch at the top and bottom of stairs
- Ask someone to help change hard-to-reach bulbs

STAIRS

- Fix loose or uneven steps
- Make sure carpet is firmly attached or use non-slip treads
- Ensure handrails are secure and on both sides of the stairs

BATHROOM

- Use non-slip mats or strips in the tub or shower
- Install grab bars next to the toilet and inside the tub/shower

RUGS & FLOORING

- Remove loose rugs or secure them with double-sided tape or non-slip backing