

This checklist will help you to recognise safety risks and reduce the chances of injury in your home.

Bathroom:

- Yes No Do you have a non-slip mat or non-skid coating in the tub or shower?
- Yes No Do you have grab bars or rails in the bathroom?
- Yes No Is your bathroom well lit?
- Yes No Do you have a night light in the bathroom?
- Yes No Do you have a proper mat in the bathroom?

Kitchen:

- Yes No Do you use a proper step stool to reach high places?
- Yes No Do you keep heavy items in low cupboards?
- Yes No Can you plug in appliances without using an extension cord?

Bedroom:

- Yes No Do you have a light you can reach from your bed?
- Yes No Do you have a working flashlight within reach in case of power failure?
- Yes No Can you easily reach your phone from your bed?
- Yes No Do you have a clear path from your bed to the bathroom?
- Yes No Are your rugs and mats secure to the floor so you won't trip?

Stairs:

- Yes No Are your stairs in good repair and have a non-slippery surface?
- Yes No Do you have securely fastened railings on both sides of all stairways?
- Yes No Do you keep shoes, packages and other clutter from the stairs?