



Southern Caregiver Resource Center

Caring for those who care for others

Fact Sheet: **Home Safety Checklist**

Floors:

- No frayed shag rugs
- Area rugs secured and taped down
- Scatter rugs have adhesive backing
- Floor is even from room to room

Pathways from Room to Room:

- Furniture is not in the way of walking
- Low furniture and small items on floor are out of the way
- Wire and cords are not laying across the path
- Thresholds are removed or planed down; marked clearly with contrasting tape

Stairways:

- Handrails are sturdy and on both sides of stairs
- Light switches are accessible at top and bottom of stairs
- Wooden stairs are not waxed or polished
- Nothing is stored on stairs

Walls:

- Walls are painted a light color
- Light switches have glow plates or reflective tape around them
- Wall decorations do not protrude into room

Lights, Sounds, Colors:

- Lighting throughout home is even
- Curtains/blinds are used to reduce glare
- Night lights are used in bathroom and hallways

Bathroom:

- Adhesive strips in bathtub
- Grab bars around tub and toilet
- Shower chair has rubber tips on legs and a sturdy back
- Hot/cold faucets are clearly marked
- Medicine and other cabinets are secured

Bedroom:

- Slippers have non-skid soles
- Floor next to bed free from clutter
- Nursery monitor system in place
- Blankets are non-electric
- Night clothes are not too long causing person to trip
- Telephone close to bed
- Lamp or light switch within reach of bed
- Turn off heating pad before falling asleep

Kitchen:

- Cleaning products are labeled

- Floor is not slippery or shiny
- Potholders/paper towels are away from stove
- Gas can be turned off
- Electric appliances and cords are secured when not in use
- Knives, scissors and other tools are locked away when not in use
- Child-proof latches installed on cabinets

Outside:

- Walkways are even and not slippery
- Rubber mats on porches and steps (if necessary)
- Outdoor lighting is adequate
- Bushes trimmed for clear visibility
- Pool area locked

Other Areas:

- Portable space heaters are not in pathways or left unattended
- Electric sockets have cover plates when not in use
- Hot water temperature not more than 1200 F
- Chimney in good condition
- Sliding glass doors marked with stickers to prevent walking into them
- Smoke detectors in good condition
- Emergency numbers posted: fire, police, doctor, poison control
- Working flashlights in several locations
- Emergency exit plan in place (mobility difficulties are reviewed in exit plan)
- House numbers are clearly visible

Resources

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Southern Caregiver Resource Center offers free support services to caregivers of adults with chronic and disabling conditions in San Diego and Imperial counties. Services include information and referral, needs assessments, care planning, family consultation, case management, individual counseling, legal and financial consultation, respite care, education and training, and support groups.