

# Home Safety Checklist for Seniors

12 quick checks to help prevent falls at home

## Entrances, hallways and stairs

- ☐ Remove loose throw rugs, or secure them with non-slip backing
- ☐ Clear walkways of cords, shoes and clutter
- ☐ Brighten hallways and stairs; add motion night lights
- ☐ Sturdy handrails on both sides of the stairs

## Bathroom

- ☐ Mount grab bars in the tub or shower and beside the toilet
- ☐ Non-slip mats inside and outside the tub or shower
- ☐ Raise the toilet height or add safety rails if standing is hard

## Bedroom and kitchen

- ☐ Phone and a light within reach of the bed
- ☐ Everyday items stored between waist and shoulder height

## Alerts and health

- ☐ Test smoke and carbon monoxide alarms every month
- ☐ Emergency numbers in large print near each phone
- ☐ Review medications with your doctor or pharmacist

## Notes / things to fix first:

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Date reviewed: \_\_\_\_\_ Review twice a year, and after any illness, surgery or fall.

**Full guide:** [seniorcitizenwebsite.com/home-safety-checklist-for-seniors/](https://seniorcitizenwebsite.com/home-safety-checklist-for-seniors/)

General information only, not medical advice. Talk to your doctor or a qualified professional about your situation.