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

HOME SAFETY CHECKLIST

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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?