

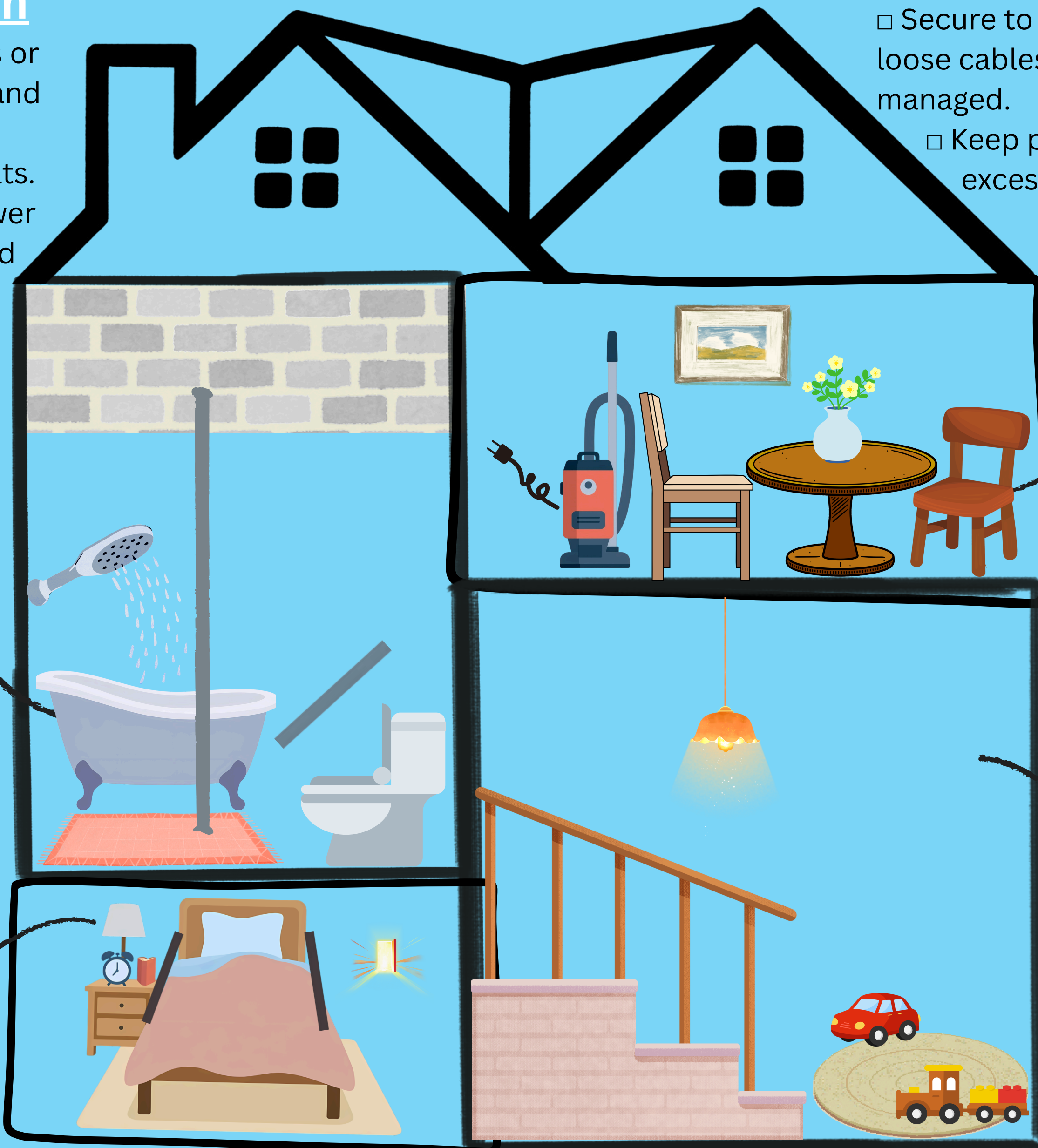
Home Safety Checklist

Bathroom

- ☐ Install grab bars or poles near toilet and bathtub/shower.
- ☐ Use non-slip mats.
- ☐ Consider a shower chair and/or raised toilet seat.

Floors

- ☐ Remove or secure throw rugs and scatter mats.
- ☐ Secure to the wall or coil loose cables to keep them managed.
- ☐ Keep pathways clear of excessive furniture.



Bedroom

- ☐ Ensure important items are in reach, phone, lamp, etc.
- ☐ Use a night light.
- ☐ Install assistive bar at the head of the bed.

Stairs

- ☐ Install handrails on both sides.
- ☐ Make sure there is good lighting.
- ☐ Do your steps have a non-skid surface?
- ☐ Keep high traffic areas clear of obstacles.

Falls are a major cause of hospitalization for seniors - help prevent falls before they happen with this easy checklist

Worried about your family members safety? They might need an assessment of their strength and balance.