

## Home safety checklist

One third of all accidents occur in and around the home. This checklist will give you some ideas about making your home safer.

Go through the list to help identify any potential hazards.

If you find any problems, you could ask a friend or your family to help you get it fixed. You and your family could also organise a local handyperson to help. For bigger problems, you can contact 'My Aged Care' on 1800 200 422 or [www.myagedcare.gov.au](http://www.myagedcare.gov.au). They can help you assess your home safety needs and arrange any work that might be needed.

(Put a line through any item that is not relevant to you)

### Outside

1. **Gate** is well lit at night
2. **Path** is well lit at night
3. **Path** is in good condition
4. **Steps** are strong and stable
5. **Steps** have a handrail that is easy to hold
6. **Steps** have clearly marked edges
7. **Steps** are not slippery
8. **Clothes line** is easy to reach
9. **Garden** is clear of things that you could trip over (such as tools and hoses)
10. **Garage or shed** is clear of things that you could trip over or slip on

Yes	No

### Entrances

11. **Front door** light switches are easy to reach
12. **Back door** light switches are easy to reach
13. **Door bell** easy to hear from inside the house
14. **Rugs and mats** are not slippery
15. **Rugs and mats** are flat without curled edges

Yes	No

### Inside steps or stairs

16. **Steps or stairs** are well lit
17. **Steps or stairs** have a light switch at both the top and/or bottom
18. **Steps or stairs** have a strong and stable handrail
19. **Steps or stairs** have carpets or runners that are securely fixed (if present)
20. **Steps** have clearly marked edges
21. **Steps** are not slippery

Yes	No

### Checklist to prevent falls at home

#### Kitchen

- 22. **Lighting** is good over benches and work areas
- 23. **Floor** is clear of things that you could trip over or slip on
- 24. **Things you use often** are easy to reach (without climbing or bending)
- 25. **Rugs and mats** are not slippery
- 26. **Rugs and mats** are flat without curled edges

Yes	No

#### Lounge and dining room

- 27. **Lighting** is good – at night and during the day
- 28. **Rugs and mats** are not slippery
- 29. **Rugs and mats** are flat without curled edges
- 30. **Furniture** is placed so it is easy to walk around
- 31. **Cords** are out of the way
- 32. **Chair or couch** is easy to get in and out of
- 33. **Telephone** is easy to reach

Yes	No

#### Bedroom

- 34. **Bed** is easy to get in and out of
- 35. **Bedside lamp** is easy to turn on when you are in bed
- 36. **Telephone** is easy to reach when you are in bed
- 37. **Bedside table** is easy to reach when you are in bed
- 38. **Cords** are out of the way

Yes	No

#### Bathroom and toilet

- 39. **Rugs and mats** are not slippery
- 40. **Shower** is easy to get into (with no step)
- 41. **Handrail in shower** is in place to avoid holding on to taps or towel rail
- 42. **Handrail near bath** is in place to avoid holding on to taps or towel rail
- 43. **Handrail near toilet** is in place
- 44. **Soap and shampoo** are easy to reach without bending
- 45. **Towel rail** is easy to reach

Yes	No

#### Other

- 46. **Personal alarm** is always on you
- 47. **Stepladder** is short and strong
- 48. **Walking aid** if used is easy to reach
- 49.
- 50.

Yes	No

Add additional items from your own plan.