

# Home Safety Checklist for Older Canadians

## Steps/Stairways/Walkways

1. Are they in good shape?
2. Do they have a smooth, safe surface?
3. Are there handrails on both sides of the stairway?
4. How about light switches at the top and bottom of the stairs?
5. Is there grasping space for both knuckles and fingers on railings?
6. Are the stair treads deep enough for your whole foot?
7. Would a ramp be feasible in any of these areas if it became necessary?

## Floor Surfaces

1. Is the surface safe?
2. Nonslip?
3. Any throw rugs or doormats that might slip underfoot?
4. Is carpeting loose or torn?
5. Are there changes in floor levels?
6. If so, are they obvious or well marked?
7. Do you have to step over any electric, telephone, or extension cords?

## Driveway and Garage

1. Is there always space to park?
2. Is it convenient to the entrance?
3. Does the garage door open automatically?

## Windows & Doors

1. Are windows and doors easy to open and close?
2. Are locks sturdy and easy to operate?
3. Do doorways accommodate a walker or wheelchair?
4. Can you walk through the doorways easily?
5. Is there space to maneuver while opening and closing doors?
6. Does the front door have a view panel or peephole at the right height?

## Appliances/Kitchen/Bath

1. Is the room arranged safely and conveniently?

2. Do the oven and fridge open easily?
3. Are stove controls clearly marked and easy to use?
4. Is the counter the right height and depth?
5. Can you work sitting down?
6. Are cabinet doorknobs easy to use?
7. Are faucets easy to use?
8. Do you have a hand-held shower head?
9. Bath mat inside tub and shower to prevent slipping?
10. Are the items you use often on high shelves?
11. Do you have a step stool with handles?
12. Toilet frame and seat riser for easier accessibility?
13. Can you easily get in and out of the tub or shower?
14. Do you have a bath or shower seat?
15. Are there grab bars where needed? Suggestions include near the commode and sink to provide support and prevent falls.
16. Is the hot water heater regulated to prevent scalding or burning?
17. First Aid Kit!

### **Lighting/Ventilation**

1. Are there enough lights, and are they bright enough?
2. Do you have night lights where needed?
3. Is area well ventilated?

### **Electrical Outlets/Switches/Alarms**

1. Can you turn switches easily on and off?
2. Are outlets properly grounded to prevent a shock?
3. Are extension cords in good shape?
4. Do you have smoke detectors in all key areas?
5. Do you have an alarm system?
6. Is the telephone readily available for emergencies?
7. Does the telephone have volume control?
8. Can you hear the doorbell ring all throughout the house?

### **Additional Ideas/Issues/Fixes?**

1. Padding for sharp edges and corners to avoid head injuries?
2. Pill and Medicine Aids to organize medications and help with dispensing?
3. Height adjustable Beds with safety

