



Home Hazards Checklist

Home can be a dangerous place. Use the following checklist to educate yourself and uncover hidden dangers in your loved one's home.

Windows/ Doors

- Are windows and doors easy to open and close?
- Are locks sturdy and easy to operate?
- Are doors wide enough for a walker/wheelchair?
- Are door thresholds low enough to get over safely?
- Is there space to maneuver while opening or closing doors?
- Does the front door have a view panel?
- If so, is it at a proper height for you?

Floor Surfaces

- Is the surface safe? Non-slip?
- Are there scatter rugs or door mats that may be dangerous?
- Are there changes in levels?
- If so, are they obvious or marked in some way?

Steps/ Stairways/ Walkways

- Are they safe and in good repair?
- Are there handrails on both sides of stairway?
- Is there enough space for both knuckles and fingers to hold onto railings?
- Are the stair treads deep enough for your whole foot?
- Are there any hazardous open risers on stairs?
- Would a ramp be feasible in any of these areas if it became necessary?

Kitchen

- Can oven and refrigerator doors be opened easily?
- Are oven and stove controls easy to use and clearly marked?
- Is counter height and depth good for you?
- Can you sit while working?
- Are door cabinet knobs easy to use?
- Are faucets easy to use?
- Do you have convenience items such as a garbage disposal?

Bath

- Do you have a hand-held shower head?
- Can you get in and out of tub or shower with ease?
- Do you have bath or shower seat?
- Are there grab bars where needed?
- Is hot water heater regulated to prevent scalding?



Storage

- Is storage located conveniently?
- Is storage adequate and usable?
- Can you reach things in your closets easily?

Electrical Outlets/ Switches/ Alarms

- Are switches easy to turn on and off?
- Are outlets properly grounded to prevent electrical shock?
- Are all extension cords really necessary?
- Are extension cords in good condition?
- Do you have smoke detectors in all necessary areas?
- Would you feel more comfortable with an alarm system?
- Is the telephone easy to reach should you fall or have an emergency?
- Is the telephone equipped for hearing enhancement if necessary?
- Can you hear the doorbell in every part of the house?

Lighting/Ventilation

- Is lighting sufficient for the purpose of each room?
- Is lighting bright enough for safety?
- Do you have night lights where needed?
- Are rooms well-ventilated?

Driveway/Garage

- Can you get from the car to your door easily?
- Does garage door have an automatic opener?