

# Home Safety Checklist

<b>General Safety</b>	Always keep a portable phone, call alert system, or cell phone with you or within easy reach, inside and outside your home.
	Move frequently used items so they are easy to reach without bending too low or stretching. Store heavier items in lower cupboards. Ask for help to access items in high places. If necessary, use a step stool with a safety handle or use a reaching tool.
	Avoid walking while looking at your cell phone.
<b>Moving Around Your Home</b>	Use sturdy chairs that have armrests and are at a height that is easy for you to get on and off.
	If you get dizzy standing up too quickly, lift your heels up and down for 15-30 seconds before you stand up to increase your circulation and stand up slowly.
	Wear well-fitting slippers or shoes with a non-slip sole and laces or hook and loop (Velcro) closure.
<b>Pets</b>	If you have pets, use caution when moving around your house and bending down to feed or care for them. Put a collar with a bell on your pet so they can be heard if they are nearby.
	If your pet pulls on a leash consider letting them free in the yard, take them to an off-leash park, use a walking service, or ask for help from family/friends/neighbours.

<b>Lighting</b>	Improve the lighting around your home. Add extra light fixtures and use bulbs of at least 75 watts. Contact your local hardware store for options.
	Use lighting to guide you to the bathroom at night. Night lights that come on automatically when it gets dark, or motion-sensor lights are recommended.
	Install a light switch at the top and bottom of the stairway or a sensor light that comes on automatically.
	Have a light within reach of your bed.
	Use lightweight curtains or blinds on windows to prevent glare on sunny days.
<b>Floors</b>	Move furniture so that your path through a room or hallway is clear and there is space to easily use a walking aid.
	Remove throw rugs or use double-sided tape or a special non-slip backing.
	Pick up papers, books, shoes, boxes, or other things that are on the floor.
	Coil or tape wires next to the wall. Have an electrician install another power outlet, if needed.
	Wipe up any spills immediately to avoid slipping.

<b>Stairs</b>	Ensure all steps and stairs have at least one sturdy handrail.
	Ensure step treads have a non-slip coating and step edge is easy to see by painting or adding an adhesive strip with a contrast colour along the front edge of the step.
	Fix loose, broken, or uneven steps.
	Ensure gait aid is used appropriately, walkers are not intended for use on stairs.
<b>Bathrooms</b>	Use a rubber mat or non-slip strips in the tub and/or shower.
	Use secured grab bars inside of the tub/shower and next to the toilet. Consider having a shower chair in the shower stall. If you shower in a bathtub, consider using a bathtub transfer bench to avoid having to step over the edge of the tub.
	If you have trouble getting on and off the toilet, consider an elevated toilet seat or a higher toilet.
	Keep soap, shampoo, and towel within easy reach.
<b>Bedrooms</b>	Ensure the height of the bed is easy to get in and out of. Consider a bed assist handle to help with transfers.
	Keep your walking aid within reach of the bed.

<b>Outside</b>	Ensure paths around the house are in good repair and free of clutter (e.g., no cracked / loose pathways, loose gravel, overgrowing plants / weeds, overhanging trees, or garden hoses on walkways, or seasonal hazards such as wet leaves, ice, or snow).
	Ensure outdoor stairs have a sturdy railing, non-slip strips and are kept free of snow, ice and clutter.
	For pruning trees or tall bushes, gardening, or installing seasonal lights opt for long handled tools instead of ladders.
	Ask or hire someone to do work that requires use of ladders or access to roofs.