

Home Safety Checklist

Entry to the Home

- ☐ Is there good lighting in the driveway, garage, walkways, at all entrance doors, near the trash area, other areas of the yard that are used after dark?

Driveway

- ☐ Is the driveway smooth and evenly paved?
- ☐ Is the driveway very steep and do some adaptations need to be made?

Walkways

- ☐ Are walkways smooth and level, without cracks, gaps or tripping hazards?
- ☐ Do they have handrails?
- ☐ Are trees, shrubs, bushes and grass trimmed back or removed so they do not create a tripping hazard?

Steps to Doors

- ☐ Are the steps even, sturdy, level and in good condition?
- ☐ Are there easy to use handrails on both sides?
- ☐ If there are small single steps, can they be mini-ramped?

Entry Landings

- ☐ Remove all potential tripping hazards such as flower pots or other decorations.
- ☐ Be sure any doormat has a nonskid backing and no upturned corners.

Exterior Doors

- ☐ Are locks in good condition and easy to use?
- ☐ Do the doors open without sticking? Consider a lever handle instead of a doorknob for ease of use.
- ☐ For sliding glass doors, apply decals at eye level so that someone with poor eyesight does not bump into the glass.

Patios or Decks

- ☐ Is the surface level, smoothly surfaced and in good condition?
- ☐ Have any tripping hazards been removed?



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Inside the home

- ☐ Remove throw rugs because they are potential tripping hazards.
- ☐ Clear pathways through halls, doors and into rooms.
- ☐ Clear all cords and wires out of pathways.
- ☐ Ensure there is good lighting in each room and that light switches are near room entrances.
- ☐ If walkers or wheelchairs will be used, are entry ways, halls and doorways wide enough?
- ☐ Look at all thresholds to be sure they are all less than 1 inch high. If not, a mini-ramp may be needed.
- ☐ Are any carpets, floor runners and tiles in good condition – not frayed, chipped or torn? Are vinyl or wood floors slippery?
- ☐ Are curtains, blinds or shades easy to open?
- ☐ Do windows open easily?
- ☐ Is there at least one comfortable chair people can get in and out of safely?

Bathrooms

- ☐ Is the sink and faucets easy to reach (for a standing person or a wheelchair)?
- ☐ Are mirrors at appropriate height?
- ☐ Are faucets easy to turn (again, lever-type handles might work better for some people)?
- ☐ If necessary, is an antiscald device installed?

Bathtub or Shower

- ☐ Are there sturdy grab bars in the tub or shower?
- ☐ Is there a nonskid bathmat in the tub or shower?
- ☐ Is there a handheld shower head?
- ☐ If needed, is there a tub or shower seat?

Toilet

- ☐ Are there sturdy grab bars at the toilet?
- ☐ Is the toilet seat in good condition and securely fastened?
- ☐ Is the height of the toilet too low or too high? Raised toilet seats and seats with handles or grab bars can be purchased at large retailers or drug stores.

Kitchen

- ☐ Is the floor surface smooth and even but not slippery?
- ☐ Is the sink at a good height and faucets easy to reach?
- ☐ On the stove, are burners and control knobs clearly labeled and easy to use?



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- ☐ Is there a close place to rest hot cooking dishes or pans coming out of the oven?
- ☐ Is the microwave easy to reach, read and operate?

Bedroom

- ☐ Is the room well lit upon entering?
- ☐ Is there a clear path into the room and to the bed?
- ☐ Are cords, wires and throw rugs off the floor?
- ☐ Is there a light within easy reach of the bed?
- ☐ Is there support for getting into and out of the bed, if needed?
- ☐ Is there a place to sit and get dressed, if needed?
- ☐ Can dresser drawers be opened easily?

General Home Safety

- ☐ Are smoke detectors and carbon monoxide alarms installed and working properly?
- ☐ Is a telephone easily accessible and are emergency numbers nearby or pre-programmed into phone?

Special Sleeping Arrangements

- ☐ In some cases, the patient cannot come home and stay in their bedroom for example, if the bedroom is upstairs and they cannot navigate stairs or are not very mobile. A bed may need to be set up in the living room, dining room or other area on the ground floor. A family member or caregiver may also need to be available to help provide assistance with toileting, feeding, bathing, dressing, etc.
- ☐ If a family member or caregiver sleeps in another room, use a baby monitor to call for assistance.

Other Tips

- ☐ Consider placing a portable toilet (commode) near the bed or place in multiple locations in the home.
- ☐ Purchase walkers, commodes, baby monitors, bath chairs or other devices at garage sales or resale shops. Second-hand equipment may be much cheaper than items purchased at a medical supply store. **Be sure to have your therapist or another member of the rehab team check any self-care and mobility equipment for safety purposes.**



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