



WALKER FOR SENIORS

Home Safety Checklist

<https://walkerforseniors.com/fall-prevention-tips-for-seniors/>

Use this checklist as a starting point and guide to keep track of your completed tasks as you work to make your home safer.

General Safety

- Remove clutter and obstacles from walkways and hallways.
- Secure loose rugs and mats with non-slip backing or double-sided tape.
- Make sure all areas are well-lit with adequate lighting.
- Install handrails on both sides of staircases.

Bathroom Safety

- Use non-slip mats or adhesive strips in the bathtub and shower.
- Install grab bars near the toilet and in the shower or bathtub.
- Keep the bathroom floor dry to prevent slipping.
- Use a raised toilet seat for easier use.

Bedroom Safety

- Place a bedside lamp within easy reach.
- Use a nightlight to provide illumination at night.
- Keep pathways clear to the bathroom and other areas.



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Kitchen Safety

- Store frequently used items at waist level to avoid reaching or bending.
- Keep sharp objects stored securely.
- Wipe up spills immediately to prevent slipping.
- Use a stable step stool with a handle for reaching high shelves.

Living Area Safety

- Arrange furniture to create clear pathways.
- Secure cords and cables to the wall or use cord covers.
- Avoid clutter on tables and surfaces.

Medication Safety

- Store medications in a well-lit area.
- Use a pill organizer to keep track of doses.
- Dispose of expired medications properly.

Electrical Safety

- Avoid overloading outlets and power strips.
- Keep cords away from pathways and tripping hazards.
- Use nightlights in hallways and bathrooms.



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Walkway and Entrance Safety

- Repair uneven or cracked pathways.
- Keep walkways well-lit and free of obstacles.
- Install handrails on outdoor steps if needed.

Garden and Yard Safety

- Maintain a well-kept garden with trimmed plants and clear pathways.
- Use non-slip mats on porches and entryways.
- Remove debris and fallen leaves from pathways.

Stairs and Steps Safety

- Ensure steps are even and in good repair.
- Install non-slip treads on outdoor steps.
- Use handrails on both sides of outdoor staircases.

Outdoor Lighting

- Install motion-sensor lights in key areas.
- Ensure pathways are well-lit during the evening.



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Garage and Driveway Safety

- Keep the garage and driveway clear of clutter.
- Ensure the garage floor is even and free of hazards.

Vehicle Safety

- Use a car handle or support bar for getting in and out.
- Ensure the vehicle's windows and mirrors are clean for optimal visibility.