

HOME SAFETY CHECKLIST



Avoid walking while distracted



Be aware of your surroundings



Be mindful of flooring transitions

General Considerations



Wear proper fitting non-slip shoes or slippers



Keep walking aid or other assists within easy reach

Check out these resources for more information!



Bedroom



Consider placing a lamp within arm's reach of your bed



Use a nightlight to guide path to washroom



Ensure bed height is easy to get in and out of



Bathroom



Consider hand-grip bars in the shower, tub and near the toilet



Place non-slip mats on shower/tub floors

Pets



Consider an off-leash area or fenced yard if your pet pulls on a leash



Use a collar with a bell so you know when your pet is nearby

Livingroom / Hallways



Secure rugs



Keep pathways free of clutter



Use adequate lighting



Keep frequently used items within easy reach with heavy items on bottom shelves

Outside



Use long handled tools vs ladders



Ensure decks, driveways and paths are clear



Clear space around vehicle

Stairs



Ensure stairs have steady handrails



Keep stairways clear