

# Home Safety Checklist

## Floors

- Keep objects off the floor such as shoes, books, papers, and clothes
- Remove rugs or use double-sided tape or a non-slip backing so rugs won't slip
- Coil or tape extension cords and wires next to the wall and out of the way
- Keep pathways clear of furniture
- Put no-slip strips on tile and wooden floors



## Bedroom

- Place lamps close to the bed where they are easy to reach and use bright light bulbs
- Plug in night lights; battery-operated lights are available for areas without electrical outlets
- Keep a flashlight by your bed in case the power goes out
- Install a phone on the floor in case of an emergency

## Bathroom

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower
- Consider a shower chair
- Use non-skid mats
- Install grab bars next to toilets and inside showers/tubs

## Kitchen

- Keep often-used items in easy-to-reach places (about waist level)
- NEVER use a chair as a step stool
- If you must use a step stool, get one with a bar to hold on to

## Stairs

- Fix loose or uneven steps
- Ensure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads to steps
- Install handrails on both sides of stairs
- Have bright lighting and light switches at the top and bottom of the stairs

**Falls are not an inevitable part of aging and the risk of falling can be reduced! Find evidence-based workshops that can help reduce the fear and risk of falling near you at <https://www.ilpathwaystohealth.org/>**

**For more information call the Health Promotion Team at AgeOptions at (800)699-9043 or email [ilpthreferral@ageoptions.org](mailto:ilpthreferral@ageoptions.org)**