



Home Safety Review Checklist

Small changes today can help ensure a safer, more comfortable tomorrow.

Taking time to review home safety can help support independence, reduce fall risks, and provide greater peace of mind for both individuals and their families. Small adjustments throughout the home can make a meaningful difference in comfort, confidence, and overall safety.

Use this checklist as a general guide to identify common safety concerns in the home environment.



Kitchen

- ☐ Is the stove area clean and free of grease buildup?
- ☐ Is there adequate lighting over food preparation and cooking areas?
- ☐ Are frequently used items easy to reach without excessive bending or climbing?
- ☐ Is a stable step stool with handrails available for hard-to-reach items?



Bathroom

- ☐ Are grab bars installed near the toilet, shower, & tub?
- ☐ Are nonslip mats or surfaces used in wet areas?
- ☐ Is the hot water temperature set no higher than 120°F?
- ☐ Is there a nightlight for improved nighttime visibility?
- ☐ Are bathroom electrical outlets protected with a ground fault circuit interrupter (GFCI)?



Bedroom

- ☐ Are smoke detectors installed near bedrooms and on every level of the home?
- ☐ Are smoke detector batteries checked regularly?
- ☐ Are carbon monoxide detectors installed in appropriate locations?
- ☐ Is there adequate lighting for nighttime mobility?



Heating & Electrical Safety

- ☐ Has the furnace and venting system been inspected recently?
- ☐ Are space heaters kept at least three feet away from furniture, curtains, or bedding?
- ☐ Are electrical cords intact and free from damage?
- ☐ Are extension cords used safely and not overloaded?



Stairways & Hallways

- ☐ Are stairways and hallways well lit?
- ☐ Are sturdy handrails installed where needed?
- ☐ Are rugs and runners secured to prevent slipping?
- ☐ Are cords and clutter kept clear of walking paths?
- ☐ Are non-skid surfaces used on stairs when appropriate?



Fire Safety & Emergency

- ☐ Are stairways and hallways well lit?
- ☐ Are sturdy handrails installed where needed?
- ☐ Are rugs and runners secured to prevent slipping?
- ☐ Are cords and clutter kept clear of walking paths?
- ☐ Are non-skid surfaces used on stairs when appropriate?



Need Help Making a Plan?

Contact Angel On My Shoulder for a free and confidential consultation.



(888) 391-4043
angeloms.com

