



Home Safety Check

Bathroom:

- I use a non-skid floor mat and strips or rubber mat in the tub and shower. I install the tub mat when the surface is dry.
- I hold on to sturdy grab bars (not soap dish or towel rack) in and around the bathtub, shower and toilet. If needed, I use a bath seat in the shower or tub.
- I can get on and off the toilet easily. If needed, I use a raised toilet seat.
- I have a clear and well lit walking path to my bathroom.

Stairs:

- My stairs have a non-slip surface.
- I use a secure handrail when going up and down stairs.
- I have handrails installed on both sides of the stairway, extending past the top and bottom step.

Bedroom:

- Items I use regularly (hearing aid, glasses, cane, walker) are within reach.
- I can easily reach a phone and a light, lamp or flashlight from my bed.

Living Areas:

- All my carpets and rugs lie flat and have a non-skid backing, double-sided tape or carpet tacks to secure them safely. I have removed all loose area rugs and mats.
- I have arranged furniture so that I have a clear walking path.
- Electrical cords are kept away from paths where I walk.
- I take a cordless phone with me to different rooms in the house to reduce rushing to the phone. If I slip or fall, I can phone for help.

Kitchen:

- I keep my pots/pans, canned goods and staple food in cupboards and/or locations between knee and shoulder height.
- I use a sturdy step stool for items above shoulder height.

Choose to be active. Increase your strength, flexibility and balance.