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1277 S. Governors Ave., Dover, DE

Home Safety Checklist

Entrances and Exits

Questions to Ask:

- ✓ Are exterior pathways, porches and doorways well lit?
- ✓ Are the walkways in good condition?
- ✓ Are there handrails on both sides of the steps?
- ✓ Are there scatter or throw rugs near the doorways that may cause tripping or slipping?
- ✓ Does the door have a security peephole or view panel at the correct height?
- ✓ Is the door threshold visible or does it contribute to trips or falls?

Recommendations:

- Increase lighting along the pathways and entryways.
- Install flood lights with motion sensors.
- Install photoelectric “eyes” in light fixtures so lighting will turn on automatically at dusk.
- Repair any holes, loose bricks or uneven areas of pathways.
- Install handrails on both sides of steps.
- Install lever door handles.
(Remember that young children can operate these. Keep doors locked when they are in the house.)
- Remove all scatter or throw rugs throughout the house.
- Install peepholes on exterior doors at a height right for you.
- Install a beveled, no-step, no-trip threshold.
- Install a bench beside the door to hold packages while you are opening the door.

Steps and Stairways

Questions to Ask:

- ✓ Are they in good repair?
- ✓ Is carpeting worn, torn or loose?
- ✓ Are there secure handrails on both sides of the stairway?
- ✓ Are there light switches at the tops and bottom of the indoor stairs?
- ✓ Are the stairs well lighted?
- ✓ Is there any clutter on the stairs?
- ✓ Can you clearly see the edges of the steps?

Recommendations:

- Replace or remove any worn, torn or loose carpeting. Choose carpet pattern that doesn't hide step edges, making it look like steps have ended when they haven't.

- Make sure no nail heads are sticking out.
- Install handrails on both sides of the stairs at a height that is right for you.
- Consider refinishing or replacing worn stair treads.
- Install light switches at top and bottom of stairs.
- Use the highest wattage lightbulb approved for overhead or nearby light fixture.
- Install night-lights at nearby outlets.
- Remove all objects from stairway.
- Paint edge of step with contrasting color if vision is impaired.
- Add non-slip adhesive strip to uncarpeted stair treads.

Bathroom

Questions to ask:

- ✓ Are the sink, bathtub and shower faucets easy to use?
- ✓ Is the bathtub and / or shower floor slippery?
- ✓ Do bathmats outside the tub have rubber backing and lie flat?
- ✓ Are there grab bars in the bathtub, shower and toilet areas?
- ✓ Can you safely and easily get in and out of the tub?
- ✓ Is there a “garden” or “Jacuzzi” style tub?
- ✓ Is a low toilet making it hard to stand up?
- ✓ Are there exposed hot water pipes beneath the sink?
- ✓ Is there a handheld or adjustable height showerhead?
- ✓ Is there a bath seat in bathtub or shower?
- ✓ Is the hot water heater set at 120° or lower?
- ✓ Are there small electrical appliances plugged in when not in use?
- ✓ Is there good lighting?

Recommendations:

- Install easy-to-use lever handles on sink, bathtub and shower faucets.
- Use non-skid mats or non-slip strips on bathtub and shower floors.
- Use only rubber-backed rugs or mats that stay firmly in place or secure them with double-sided rug tape or rubber carpet mesh.
- Install grab bars (preferably 2) in bathtub, in shower and at toilet.
- Install a toilet seat riser or comfort height toilet.
- Insulate hot water pipes underneath sink.
- Install a handheld or adjustable showerhead.
- Install a bath seat or bath bench in bathtub or shower.
- Consider removing a tub and replacing with a barrier-free shower.
- Consider a “tub-cut” for easy access to a standard tub or a walk-in tub.
- Set the water heater to 120° to avoid scalding.
- Install a compact fluorescent or highest wattage bulb allowed for lamp of fixture that does not cause excessive glare.
- Install night-light and/or replace light switch with glow switch that can be seen in the dark.
- Unplug all electrical appliances when not in use and never use any appliance near a filled sink or bathtub.

Kitchen

Questions to Ask:

- ✓ Is there good lighting over the sink, stove and countertop work areas?

- ✓ Are cabinets and cupboards easy to open?
- ✓ Are stove controls easily reached? Does your hand come close to flame or electric coils?
- ✓ Is a fire extinguisher within easy reach?
- ✓ Do you have a sturdy step stool?
- ✓ Are objects on shelves or in drawers easily accessible?
- ✓ Does the sink have an anti-scald device?
- ✓ Is there a countertop work area that can be used while seated?
- ✓ Is there a nearby surface to rest hot foods when removed from the oven?
- ✓ Are the microwave, dishwasher and oven at a comfortable height for you to use?
- ✓ Do you use wax on the floor?

Recommendations:

- Increase task lighting at sink, stove and work areas and use a compact fluorescent or highest wattage bulb approved for all fixtures.
- Install C or D type handles on cabinets and cupboards.
- Add touch and color-contrasted stove controls for those with low vision.
- Mount an ABC-rated fire extinguisher in an easy to reach place.
- Only use step stools that have non-slip steps and grip handle.
- Install adjustable, pull-down shelving to increase safe access to upper cabinets.
- Install pull-out cabinetry or shelves under counters and corner lazy susans.
- Install pressure-balanced, temperature-regulated faucet and keep it at 120° or lower.
- Create countertop work space with knee clearance by installing pull-out cabinetry or by removing cabinet doors and shelves so you can work while seated.
- Avoid using floor wax and don't walk on just-cleaned floors until they have completely dried.

Living Room, Dining Room and Bedroom

Questions to Ask:

- ✓ Are all passageways clear and well lit?
- ✓ Are there any electrical or telephone cords exposed along pathways?
- ✓ Are rugs or carpets secured to the floor? Are there any scatter or throw rugs?
- ✓ Is there ample light in all areas?
- ✓ Are there smoke and carbon monoxide detectors on each floor of the house? Near bedrooms?
- ✓ Is the telephone easily accessible from bed?
- ✓ Are closets well-lit and easy to use?
- ✓ Are light switches easy to use?

Recommendations:

- Rearrange furniture to allow for clear, wide passageways.
- Use natural light to the fullest by opening curtains, blinds and shades during daylight hours.
- Use compact fluorescent or highest wattage bulb approved for all lamps and fixtures.
- Place all cords along a wall where they can't cause tripping.
- Remove cords from under furniture or carpeting to prevent fraying and possible fire.
- Use double-sided tape or carpet mesh to secure all rugs. Remove scatter and throw rugs.
- Install telephone jack or cordless phone close to favorite chair and bed.
- Install touch-control lamp or clapper device that turns things on and off.
- Install smoke and carbon monoxide alarms on every floor and be sure they can be heard from bedrooms.

- Install a closet light and adjustable rods and shelves in closet



AVENUE MEDICAL

Adam Samuel, ATP, CAPS, Owner

adam@avemed.com

www.AvenueMedical.com

1277 South Governors Avenue
Dover, Delaware 19342

302-674-0907



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