

Home Safety Checklist

Kitchen

- Commonly used items too high or low
- Use stool or chair to reach things
- Not enough counter space
- Cluttered counter or floor
- Rug
- Poor lighting
- Inadequate access to outlets
- Pet around while cooking
- Not enough room to easily & safely walk
- Slippery floor

Bathroom

- Unsafe bath rug/mat
- Difficulty standing from toilet
- Poor lighting
- Lack of color-contrast
- No grab bars near toilet area
- No grab bars around shower/bath area
- Slippery shower/tub &/or bathroom floor
- Impaired temperature sensation
- Clutter
- No shower chair
- Difficulty/unsafe stepping into tub
- Difficulty reaching water safely
- Difficulty reaching sink or commonly used items
- Exposed pipes under sink
- Difficulty reaching areas of body
- Difficulty retrieving soap, shampoo, etc.
- No place to sit while brushing teeth, fixing hair, etc.

Staircases

- Poor lighting
- Light switch only on 1 end of staircase
- No railings
- Slick/Slippery steps
- No tread on steps
- Same color of steps & flooring- lack of color-contrast

Laundry Room/Basement

- Poor lighting

Bedroom

- Clutter
- Cords running across floor
- Carpet torn, rolled, or uneven
- Rug
- Bed too high or low
- Difficulty getting out of bed
- Not enough space to move around
- Poor lighting (no nightlights)
- Items not in easy-to-reach location
- Clothes not easily accessible

Living Room

- Difficulty standing from couch/chair
- Clutter
- Not enough room to move around
- Poor lighting
- Difficult to access light switches
- Lack of color-contrast between flooring, furniture, tables, etc.
- Rugs
- Cords running through walkway

Hallway

- Doorways too narrow
- Doors too heavy &/or swing shut too fast
- Difficulty accessing light switches
- Poor lighting
- Not enough color-contrast
- Clutter
- Uneven flooring

Outdoor Entrances

- No place to sit down & put items near entrance
- No railings
- Doorbell not accessible or heard
- Too many or too steep steps
- Cracked or uneven pavement
- Poor lighting- no motion sensor
- Difficult to open door &/or turn key
- No color-contrast between steps & door/door frame

- No railings
 - Clutter
 - Steep &/or slick steps
 - No color-contrast between steps & floor
 - Cords running across room
 - Laundry detergent & other items out of reach
 - Stooping over to do laundry
 - No chair to sit in while doing laundry
- Presence of uneven door threshold

Safety Hazards Action Log

What is the problem/safety hazard?	What are possible solutions?	What additional items do I need to solve it?	Who can help me solve it?	When can I get this solved?
1.				
2.				
3.				
4.				
5.				

Checklist & Action Log Adapted from: Occupational Therapy Geriatric Group. (2017, January 1). Home safety self assessment tool (HSSAT) v.5. *Department of Rehabilitation Science University of Buffalo*. <https://pdf4pro.com/amp/view/home-safety-self-assessment-tool-hssat-v-4a5112.html>

**Contact OT Student, Katie Henderson, for help making your home safe:
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