

Home Safety Checklist

This checklist will help you identify potentially hazardous characteristics of your home. These characteristics might increase your risk of a fall. Using the checklist, walk around each room and check that there is nothing that might pose a risk. For small safety improvements, see if a family member, friend or local handyman can help you fix the problem. Occupational therapists can also provide an individualised home safety assessment including assisting with home modifications if required.



	Yes	No
Entrance and hallway		
Light switches easy to reach and near each doorway or hallway		
Doorbell easy to hear from other rooms		
Rugs or mats with slip-resistant backing		
Stairs and steps		
Light switch at both the top and bottom of stairways		
Stairs and steps well lit		
Carpets or runners securely fixed		
Sturdy handrail		
Edges of steps clearly marked		
Non-skid treads or paint used on the edges of each step		
Kitchen		
Regularly used items within easy reach without climbing or bending		
Good lighting over benchtops and other work areas		
Good ventilation to reduce the risk of glasses fogging		
Floor surfaces slip resistant		
Spills cleaned up straight away		
Sturdy low step stool with handrail if need to use higher shelves		

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	Yes	No
Lounge / Dining room		
Good light (natural or artificial)		
Carpets and mats lie flat without wrinkles, curled or frayed edges		
Furniture arranged so that it is easy to walk around		
Cords and cables safely away from walkways		
Lounge chair easy to get out of		
Telephone within easy reach		
Bedroom		
Bed easy to get in and out of		
Bedside light easy to switch on when in bed		
Telephone within easy reach when in bed		
Bedside table for drink, books, glasses		
Bed coverings clear of the floor		
Cords and cables safely away from walkways		
Walking aid (if required) within easy reach of the bed		
Bathroom and toilet		
Slip-resistant mats on the floor		
Shower easy to access without stepping over a raised edge or hob		
Secure handrail in shower or on wall next to bath to avoid holding on to taps or towel rail to get out		
Soap and shampoo within easy reach without bending		
Towel rail within easy reach from bath or shower		
Handrail next to toilet		
Outside the home		
Paths and entrances well-lit at night		
Paths in good repair		
Steps with a sturdy, easy-to-grip handrail		
Edges of steps clearly marked and with slip-resistant strip		
Stepladder short and sturdy with slip-resistant feet		
Clothes line easy to access and reach		
Garden kept free of trip hazards, such as tools and hoses		
Garage / shed uncluttered and floors free of oil and grease		
Footpaths and public areas in good repair		

Source: https://www.activeandhealthy.nsw.gov.au/assets/pdf/stayactive_web_final.pdf