



Be a Safety Superhero!

Use this checklist to go through your great-grandparents, grandparents, caregiver or parents home to prevent their risk of falls, slips and trips.

Hallway or Entryway

- ☐ flooring is dry, and free from clutter (shoes, coats, and umbrellas are put away)
- ☐ carpet/rugs are flat and smooth (no folded corners), and not easily moved
- ☐ entryway is well lit

Living Room

- ☐ floor is free from clutter or electrical cords
- ☐ chairs and furniture are stable (not wobbly)
- ☐ there is enough space to easily move around furniture
- ☐ lights are bright and light switches are easily accessible

Bathroom

- ☐ nightlight is plugged in and items with cords are put away
- ☐ bath mats are non-skid & laying flat
- ☐ tub or shower floor is clear of clutter

Kitchen

- ☐ floors are clean and clear, and there is enough room to move around
- ☐ heavy items are stored in lower cabinets
- ☐ step ladder/stool is put away when not in use
- ☐ there is enough counter space to prepare meals

Bedroom

- ☐ blankets are folded on bed/dresser, not scattered on the floor
- ☐ carpet/rugs are flat and smooth (no folded corners), and are not easily moved
- ☐ there is enough room to move around, and floors are free from clutter
- ☐ there is a night light in case they need to get up in the night to use the washroom

For more information on how to prevent falls, visit: publichealthgreybruce.on.ca

Checklist adapted from the Home Safety Assessment Tool (HSSAT) v.4 by the Occupational Geriatric Group at the University of Buffalo