



# HOME SAFETY AND FALL PREVENTION CHECKLIST

Check off the items as you complete your home inspection.  
Visit our website at [www.safeelders.org](http://www.safeelders.org) for more information.

## SMOKE ALARMS

- Have smoke alarms on every floor and outside every bedroom
- Test smoke alarms once a month
- Ask for help to change batteries or replace units

## COOKING SAFETY

- Remove loose clothing before cooking
- Keep a large lid near the stove to smother stove-top fires
- Keep cooking surface free of dish towels, wooden utensils, and potholders
- Use back burners and turn handles inward
- Never leave cooking unattended
- Set a timer for the oven and for oven fires, keep the door closed and turn off the oven
- Use oven mitts, not kitchen towels to handle hot pots and pans
- Double check oven and burners are off before going to bed

## HOME HEATING AND ELECTRICAL SAFETY

- Keep space heaters 3 feet from anything flammable
- Never leave space heaters unattended and unplug when not in use and before going to bed
- Do not overload outlets and replace worn cords
- Run extension cords along walls, not across the room or under rugs

## SMOKING SAFETY (Best way to prevent fires from smoking is to not to smoke!)

- Smoke outside away from anything that could catch on fire

- Never smoke when drowsy or in bed
- Use deep sturdy ash trays on a level surface
- Rinse ashes and butts before emptying into trash

## ELECTRICAL SAFETY

- Do not overload outlets
- Replace worn cords
- Run extension cords along walls, not across the room or under rugs

## ESCAPE PLANS

- Know how to respond to a fire—Get out and call 9-1-1
- Plan on two ways out of any room and identify a safe place outside the home to wait for help
- Never go back for anything until firefighter gives the OK

## FALL PREVENTION

- Get at least 30 minutes of strength and balance exercises each day
- Wear well-fitting shoes with good traction
- Install grab bars in the bathroom and use a no-slip mat in the tub
- Test water temperature in the shower and bath to prevent scalds
- Clear clutter and remove unnecessary area rugs
- Place non-slip backing on rugs
- Keep rooms and hallways well-lit

## MEDICATION SAFETY

- Sort medications into pill organizers
- Bring all medications to each health care visit