

Stairways

- ☐ Make sure all handrails are not broken and are securely fastened.
- ☐ Both sides of the steps should have handrails.

Floors and rugs

- ☐ Make sure all floor boards are even and rugs, including area rugs, are secured to the floor with tacks, non-skid pads or double-sided tape.
- ☐ Use non-skid floor wax.

Bathroom

- ☐ Be sure that you can move safely in bathroom area, and in and out of the tub or shower.
- ☐ Remove soap build-up in tub or shower on a regular basis.
- ☐ Place non-slip strips in bath/shower.
- ☐ Install adjustable height shower heads.
- ☐ Mount grab bars at the toilet, bath & shower on walls with secure reinforcements, to prevent loosening.
- ☐ Secure bath mats with non-slip, double-sided rug tape.

Kitchen + Lighting

- ☐ Items that you use frequently, such as dishes and food items, should be easy to reach.
- ☐ If you have to use a step stool, make sure that it has a bar at the top to hold on to.
- ☐ Place nightlights in hallways, bedrooms, bathrooms and stairways.
- ☐ Install light switches at the top and bottom of stairs.
- ☐ Place a lamp (and telephone) near your bed.
- ☐ Keep lighting uniform in each room and add lighting to dark spaces.

All Rooms

- ☐ Check whether hallways and rooms have obstacles to safe movement.
- ☐ Move newspapers, boxes, electrical and phone cords, plants, and furniture out of traffic areas.
- ☐ Store clothing, bed coverings, and other household items where you can reach them comfortably.

Outside of your home

- ☐ Repair holes and uneven joints on walkways.
- ☐ Arrange to have leaves removed from stairs and walkways. Use salt or sand throughout the winter months.
- ☐ Make sure outside lighting is working in entryways and other walk areas.
- ☐ Check that handrails are not broken and are securely fastened. Both sides of steps should have handrails.