# Home safety walk-through

Room by room. Most of it is cheap, and it prevents more falls than supervision does.

Use it when: There has been a fall, a near miss, or you are planning ahead.

## Floors and routes

- ☐ Loose rugs removed or taped down
- ☐ Cables routed out of walkways
- ☐ Clear path from bed to bathroom, day and night
- ☐ Nothing stored on the stairs

## Bathroom

- ☐ Grab rail by the toilet
- ☐ Grab rail in the shower or bath — not a suction one
- ☐ Non-slip mat inside and outside
- ☐ Raised toilet seat if standing is hard
- ☐ Shower chair and handheld shower head

## Bedroom

- ☐ Lamp reachable from the bed
- ☐ Night light on the route to the bathroom
- ☐ Phone within reach
- ☐ Bed at a height where feet touch the floor when sitting

## Kitchen

- ☐ Daily items between waist and shoulder height
- ☐ No step stool in use
- ☐ Automatic shut-off kettle
- ☐ Stove safety device if the hob has been left on

## Whole house

- ☐ Smoke and carbon monoxide alarms tested
- ☐ Lighting bright enough on stairs and landings
- ☐ Handrails on both sides of any stairs
- ☐ Outside steps and paths clear and well lit

- [ ] Consider an occupational therapy assessment
  HDB's EASE programme subsidises grab bars, ramps and slip-resistant flooring.

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In an emergency, call 995 for an ambulance, 999 for police.

Free to print and share. Nothing on this checklist was sent to SeniorCareZ or anyone else.