

Home Safety Check

Reduce Risks in Your Home



Introduction

It is said that most accidents happen at home, but your home is somewhere in which you should feel safe.

By reducing hazards at home you can reduce the risk of a fall, go about daily activities with greater ease, and maintain your independence.

This safety checklist has been provided by a professional who is named below. If you are completing the safety check yourself, or with help from friends or family, and you need further support, please contact the professional named below.

Once complete, review the Personal Action plan at the back of the booklet, and discuss with your relatives and carers.

Remember to keep the booklet safe. If your circumstances change, review the checklist again to see if anything in your home needs changing. A professional can provide contact numbers for services which can assist you.

Name of professional providing booklet:
Contact details:

Name of person completing booklet:
Date booklet completed:

Key: Y = Yes = no risk identified/no further action required
N = No = risk identified/action required

Outside Areas

Check Points

Safety Tips

- | | | | |
|---|----------------------|--|---|
| 1. Is access to your front door level and safe? | Y
N | <input type="checkbox"/>
<input type="checkbox"/> | Keep your path free from slippery leaves, moss or overhanging branches. |
| 2. Is the area near your path and door well lit? | Y
N | <input type="checkbox"/>
<input type="checkbox"/> | A security light is a wise investment. |
| 3. Are outside paths in good repair, safe to use and free from clutter? | Y
N | <input type="checkbox"/>
<input type="checkbox"/> | Keep all outdoor steps and paths in good repair, well swept and free of moss and slime. |
| 4. Are the steps safe and easy to see? | Y
N | <input type="checkbox"/>
<input type="checkbox"/> | Paint a white line on the edge of a step if it is hard to see. A grab rail can help. Make sure it's strong and well fitted. |
| 5. Can you open the doors easily?
Are the locks secure? | Y
N | <input type="checkbox"/>
<input type="checkbox"/> | Equipment is available to help turn door handles or keys. Don't hurry to answer the doorbell. |
| 6. Has someone reliable got a key in case of emergency? | Y
N | <input type="checkbox"/>
<input type="checkbox"/> | It is wise to make sure someone can get in to help you if necessary. A key safe can ensure access for those you trust. |
| 7. Can you pick up your deliveries (post, papers, milk) fairly easily? | Y
N | <input type="checkbox"/>
<input type="checkbox"/> | A letter cage will catch the post. Big chemists sell useful gadgets like a long handled milk bottle holder or reacher. |
| 8. Can you get to your dustbin safely and put them out for collection? | Y
N | <input type="checkbox"/>
<input type="checkbox"/> | Avoid going out in snow and contact the local council if no one is able to assist you. |

Hall, Steps, Stairs and Landing

Check Points

1. Do you have a smoke detector? Do you have a carbon monoxide detector?

Y
N

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2. Can you manage steps/ stairs easily?

Y
N

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3. Do you have a night safety light?

Y
N

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4. Is there a rail or banister on one or both sides of the stairs?

Y
N

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5. Can you access your telephone easily?

Y
N

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Safety Tips

Ask someone else to change the batteries if you can't reach them easily. Contact the fire service and/or the handyperson service.

Make sure there is adequate lighting and the edge of the steps are marked in some way. Fit grab rails.

Make sure the switch is easy to reach. Ask someone else to change light bulbs if you can't reach.

Make sure rails are adequate and safe. Avoid clutter on the stairs.

Ensure family, friends/carers are aware of your situation and give you time to get to the phone. Don't hurry to answer it
Consider a pendant alarm for emergencies.

Living Room

Check Points

1. Is your favourite chair safe, comfortable and easy to get out of?
2. Is the carpet in good repair and level? Are your rugs secure?
3. Are electrical flexes or telephone cords secured and out of the way?
4. Is your furniture placed so you do not have to reach too far to get things or do tasks?
5. Have you got enough clear space to walk around in?
6. Can you see well enough to read? Are all areas well lit?
7. Can you get to your windows without taking risks?
8. Is any open fire well-guarded?
9. Are all gas appliances regularly serviced? Are flues and chimneys clean?
10. Can you access your heaters easily? Can you switch them on/off easily?

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N

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Y
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Y
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Y
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Y
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Y
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Y
N

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Safety Tips

Watch out for castors that move too freely. Make sure pressure cushion straps are not a trip hazard.

Secure any loose rugs.

Ensure all trailing flexes are secured out of the way.

Check that small tables or footstools are not in the way.

Keep things stored off the floor as much as you can. Minimise clutter.

Give your eyes time to adjust if you move from a bright to a darker area. Try to arrange lighting to avoid dark areas.

Avoid risky tasks. Ask someone to help.

Take care not to position yourself or objects too close to a heat

Be sure to have all gas appliances regularly serviced and check that the flues and chimneys are clear.

Keep your thermostat set at 65°F or above at night. Prolonged exposure to a cold room temperature can lead hypothermia. Adaptions and grants available to help you heat your home.

Kitchen

Check Points

1. Is kitchen equipment safe and accessible?
2. Are you able to safely carry items from one room to another?
3. Is the floor covering nonslip and in good repair?
4. Can you manage your laundry easily?
5. Are you able to hang your washing out to dry?
6. Are you able to do your own odd jobs/repairs?
7. Can you manage your own medication?

Y
N

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Y
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Y
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Safety Tips

Make sure commonly used items are within easy reach in cupboards. Arrange things to minimise bending and lifting.

Use a trolley or one handed tray if this is difficult.

Make sure there are no curled up edges of lino/chipped tiles/loose mats.

Sit to load washing machine. Use a trolley to move heavy loads from A to B.

Hanging clothes on an airer is safer but make sure it isn't too close to an open heat source.

Ask Age UK or handy person service if friends/relatives unable.

Store them safely in a well-lit, dry and cool place. Send out of date or unwanted medication back to the chemist. A dosette box will help you to organize your medication.

Bathroom and Toilet

Check Point

Safety Tips

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|--|----------|--------------------------|--|
| 1. Can you manage your bath or shower safely? | Y | <input type="checkbox"/> | Bath equipment or well placed grab rails help. |
| | N | <input type="checkbox"/> | |
| 2. Is your bathroom floor safe and non slip? | Y | <input type="checkbox"/> | Consider getting a non-slip shower mat. |
| | N | <input type="checkbox"/> | |
| 3. Are loose mats safe? | Y | <input type="checkbox"/> | Take up mats or fix with tape or non-slip mesh. |
| | N | <input type="checkbox"/> | |
| 4. Are the toiletries, soap and towel in easy reach without bending or stretching? | Y | <input type="checkbox"/> | Arrange things you need in easy reach. Avoid clutter. |
| | N | <input type="checkbox"/> | |
| 5. Can you manage to get on and off the toilet easily? | Y | <input type="checkbox"/> | A rail or raised toilet seat makes this much easier. Avoid pulling on a basin or towel rail. |
| | N | <input type="checkbox"/> | |
| 6. Could you raise the alarm if you fell in the bathroom? | Y | <input type="checkbox"/> | A pendant alarm, a cordless or mobile phone will give you reassurance. Take it with you. |
| | N | <input type="checkbox"/> | |
| 7. Does the bathroom door open to allow easy access? | Y | <input type="checkbox"/> | Leave the door unlocked for ease of access. Consider re-hanging door to open outwards. |
| | N | <input type="checkbox"/> | |
| 8. Is bathroom heating suitable for the humid conditions? | Y | <input type="checkbox"/> | Have your appliances serviced regularly. |
| | N | <input type="checkbox"/> | |
| 9. Is there room for a chair in your bathroom? | Y | <input type="checkbox"/> | Sitting down to dry yourself is easier and safer, however plastic toilet lids are not designed to be sat on. |
| | N | <input type="checkbox"/> | |

Bedroom

Check Points

Safety Tips

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|---|----------|--------------------------|--|
| 1. Is your bed a good height for you to get in and out of? | Y | <input type="checkbox"/> | Bed raises can be obtained to make a low bed higher. |
| | N | <input type="checkbox"/> | |
| 2. Does your bed stay still when you sit on it? | Y | <input type="checkbox"/> | Get castors removed or fit caster cups if it moves around too easily. |
| | N | <input type="checkbox"/> | |
| 3. Can you switch on a light easily from your bed? | Y | <input type="checkbox"/> | Fit a night light, have a torch or fit an easy to use switch on your bed-side light. Avoid moving around in the dark. |
| | N | <input type="checkbox"/> | |
| 4. Is the floor covering safe and in good repair? Are rugs flat and stable? | Y | <input type="checkbox"/> | Have a walking aid within easy reach and check that rubber ferrules are not worn. |
| | N | <input type="checkbox"/> | |
| 5. Do you feel safe if you get up in the night? | Y | <input type="checkbox"/> | Take time when you get out of bed to get your balance. Consider a commode if you frequently require the toilet at night. |
| | N | <input type="checkbox"/> | |
| 6. Do you have a phone or a means of calling for help by your bed? | Y | <input type="checkbox"/> | Consider a cordless phone or a personal alarm. |
| | N | <input type="checkbox"/> | |
| 7. Is there room to walk around without obstacles or clutter? | Y | <input type="checkbox"/> | Keep a path clear to the door at all times. Avoid bedspreads that trail on to the carpet. |
| | N | <input type="checkbox"/> | |
| 8. Can you reach the electrical switches and sockets easily? | Y | <input type="checkbox"/> | You can get illuminated light switches or extensions to raise your switches up the wall. |
| | N | <input type="checkbox"/> | |
| 9. Can you reach to hang your clothes? Is your wardrobe stable? | Y | <input type="checkbox"/> | Fix any heavy furniture to the wall. Lower rails and hooks. |
| | N | <input type="checkbox"/> | |
| 10. Is your mattress in good condition? | Y | <input type="checkbox"/> | A firm mattress can make it easier to transfer on and off your bed. |
| | N | <input type="checkbox"/> | |

Bedroom continued

Check Points

11. Are your slippers and shoes comfortable, in good repair and secure on your feet?

Y
N

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Safety Tips

Avoid walking in stockings or socks – they slip. Avoid night wear that is too long. Ensure footwear fits comfortably and securely.

12. Are windows accessible?

Y
N

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Make sure there is a clear path to the window.

13. Can you manage the curtains?

Y
N

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Try using a long handled reach.

14. Are electric blankets in good condition e.g. no creases, damp stains, damaged wiring?

Y
N

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Electric blankets should be safety checked every 3 years and replaced every 10 years. Ask a professional for advice.

Home Safety Check

Personal Action Plan

Note here anything you need to do to reduce the risks and improve safety.

[illegible]

Home Safety Check

Personal Action Plan

Note here anything you need to do to reduce the risks and improve safety.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This booklet was produced by Shropshire
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with members of the Shropshire Falls
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