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Home Safety Checklist



northern health
the northern way of caring

Did you Know?

Adults 65 years and older are at increased risk of an injury due to a fall.

- Falls follow predictable patterns and are preventable.
- The most common place for an older adult to fall is in the home.
- Most significant injury to adults 65+ is due to a fall.

Making a few changes at home can prevent a fall. Work through this check list to make your home safer and prevent a fall.

Stairs and Steps

- Stairs are well lit with switches at the top and bottom of the stairs.
- Stairs are clutter free and in good repair.
- Floor coverings on the stairs are secured.
- Solid handrails or banisters are secured on both sides of the stairs.

Bathroom

- Tub or shower has a non-slip surface or a rubber bath mat.
- Grab bars are installed by the toilet, bathtub and shower area.
- A towel is available to wipe up moisture or spills right away.
- Ask a health care professional (occupational or physical therapist) about the correct type and placement of assistive devices.

Kitchen

- Keep items you use often within easy reach and heavy items on lower shelves.
- Wipe away spills immediately.
- Remove throw rugs or have them secured and laying flat.
- Use a stable step stool with a safety rail and/ or ask for help.

Bedroom

- A light switch near the bedroom entrance and a light/lamp by the bed.
- Lighting in the hall outside the bedroom.
- A clutter free route from the bedroom to the bathroom.
- A phone within easy reach of the bed.
- Sit on the edge of the bed for a minute before getting up after a rest.

General Household

- Throw rugs are removed or have them secured and laying flat.
- Pets have a bell on his/her collar so they can be heard if close or underfoot.
- Walking areas are clear of clutter and cords.
- Rooms, stairs and hallways are well lit.
- Flooring have non-slip surfaces.
- Nightlights in the bedroom, hallway and bathroom.
- Light bulbs are replaced when needed.

