

Home Safety Assessment

A room-by-room checklist to spot and fix hazards before they cause harm

A thorough home safety assessment looks beyond fall risk to the full picture — fire safety, entryways, and how easily someone could get help in an emergency. Walk through each area below and note anything that needs attention.

1. Entryways & Exits

- Steps and porches have sturdy handrails on at least one side
- Entry areas are well lit, including motion-sensor lighting if possible
- Walkways are even, unobstructed, and clear of ice, leaves, or debris
- At least one exit is wheelchair or walker accessible if needed
- Door locks can be operated easily without excessive strength or dexterity

2. Living & Family Rooms

- Furniture arranged with clear, wide pathways
- Frequently used chairs are stable with sturdy armrests
- Cords for lamps and electronics run along walls, not across the floor
- Rugs are removed or secured with non-slip backing

3. Kitchen

- Frequently used items are stored between waist and shoulder height
- Step stools are sturdy with handrails, or avoided altogether
- Stove and oven have working controls and an automatic shut-off if available
- A working fire extinguisher is stored nearby and within reach
- Floor surfaces are non-slip, especially near the sink and stove

4. Bathroom

- Grab bars installed near the toilet and in the tub/shower
- Non-slip mat or strips in the tub or shower floor
- Water heater set to 120°F or lower to prevent scalding
- Nightlight installed for safe nighttime use
- Raised toilet seat or shower chair in place if needed

5. Bedroom



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- Clear, unobstructed path from bed to bathroom
- Light switch or lamp reachable from the bed
- Bed height allows feet to reach the floor comfortably when sitting
- Phone or medical alert device within reach at bedside

6. Stairs & Hallways

- Handrails on both sides, firmly secured
- Adequate lighting with switches at both the top and bottom
- Stair edges marked or fitted with non-slip treads
- Hallways clear of furniture, cords, and clutter

7. Fire & Electrical Safety

- Smoke detectors installed on every level and tested monthly
- Carbon monoxide detector installed near sleeping areas
- Fire extinguisher accessible and not expired
- No overloaded outlets or extension cords used as permanent wiring
- Space heaters kept at least three feet from anything flammable
- A clear, practiced plan exists for exiting the home in an emergency

Test smoke and carbon monoxide detectors on the same day each month — for example, the first of the month — so it becomes a simple, repeatable habit.

8. Outdoor Areas

- Walkways and driveways are even and well maintained
- Outdoor lighting covers paths used after dark
- Handrails present on any outdoor steps
- Mailbox and trash areas are reachable without navigating hazards

Home Helpers® Home Care caregivers routinely note safety concerns during visits as part of the Cared-4SM care plan and can help families prioritize which changes to make first. Ask us for a complimentary in-home safety walkthrough.

