

Home Safety Walkthrough Checklist

Use this room-by-room checklist to identify potential safety concerns and improve comfort at home.

General Safety

- ☐ Smoke detectors tested and working (every level of the home)
- ☐ Carbon monoxide detector installed near sleeping areas
- ☐ Fire extinguishers available and accessible
- ☐ Emergency contacts posted and visible
- ☐ Nightlights in hallways and bathrooms
- ☐ Area rugs secured or removed to prevent tripping
- ☐ Electrical cords tucked away, not running across walking paths
- ☐ Railings secure on all stairs (interior and exterior)
- ☐ Steps and walkways well-lit and in good repair
- ☐ Flashlights with fresh batteries stored in key locations

Entryway

- ☐ Thresholds easy to cross (no raised lips or step hazards)
- ☐ Non-slip mats at doors
- ☐ Exterior lighting functional and automatic or motion-activated
- ☐ Entry stairs have handrails and anti-slip surfaces

Living Room

- ☐ Furniture arranged to allow clear walking paths
- ☐ Sturdy chairs with arms for easier sitting/standing
- ☐ Remote controls and phone within easy reach
- ☐ Clutter-free floors (magazines, cords, pet toys)

Kitchen

- ☐ Frequently used items stored at waist height
- ☐ Step stool (if used) is stable and has handgrips
- ☐ Stove knobs clearly marked and within easy reach
- ☐ Fire extinguisher under sink or nearby
- ☐ No heavy pots or appliances stored overhead

Bathroom

- ☐ Grab bars near toilet and inside/outside shower/tub
- ☐ Non-slip mats in shower or tub
- ☐ Raised toilet seat or toilet safety frame if needed
- ☐ Shower chair or bench available if balance is an issue
- ☐ Water heater set to no more than 120°F (to prevent burns)

Bedroom


- ☐ Bed height allows easy sitting and standing
- ☐ Clear path from bed to bathroom with nightlight
- ☐ Phone or emergency alert device within arm's reach
- ☐ Minimal furniture near bed to avoid bumping or falls

Basement / Garage (if applicable)

- ☐ Adequate lighting throughout
- ☐ Stairs have secure handrails on both sides
- ☐ Stored items are easy to reach — avoid step ladders if balance is a concern
- ☐ No leaks, moisture, or mold buildup

Optional Safety Upgrades to Consider

- ☐ Medical alert system or smart-home monitoring
- ☐ Motion-sensing lights indoors
- ☐ Stair lift or chair lift
- ☐ Doorbell camera or video intercom
- ☐ Keyless locks (to avoid fumbling with keys)

 **Tip:** Walk through your home with a trusted family member or professional to get a second set of eyes on potential hazards.