

HOME SAFETY

CHECKLIST

THERE ARE MANY POTENTIAL HEALTH HAZARDS IN YOUR HOME, including clutter, loose rugs, furniture, extension cords, medications and household products. Falls are the leading cause of injury and injury death for people 65 and older. In 2023, 25.7% of older Georgians reported falling the past 12 months (United Health Foundation, 2025).

You can reduce the health risks in your home by conducting a simple home assessment. Use this checklist to identify possible safety problems in your home and take action to fix the problems.

Go through every room in your home and place a mark in the appropriate box indicating if that is a problem or not. At the bottom of the checklist, list three changes you can make to achieve a healthier and safer home.



STAIRWAYS & PORCHES

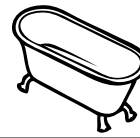
	Yes	No	N/A
Are the stairs well lighted?			
Do all indoor stairways have light switches at the top and bottom?			
Are there sturdy handrails for all steps and stairways?			
Are the steps and stairs in good condition?			
Are there sturdy guard rails on all porches and decks?			
Are porch area(s) in good condition?			
Are the stairways a non-slippery surface?			

KITCHEN AREA



	Yes	No	N/A
Are traffic areas free from all cords? (extension, phone, etc.)			
Is there good lighting in the work areas? (sink, stove, counters, etc.)			
Are frequently used items stored in/on an easy-to-reach place?			
Is a step stool or small ladder used to reach high shelves?			
Are the floors of a non-slick surface?			
Do all throw rugs have a non-skid backing?			
Are cleaners/insecticides stored away from food?			
Are cleaners/insecticides stored out of children's or pets' reach?			
Are spills wiped up as soon as they occur or are noticed?			
Are towel racks located away from the stove/oven?			
Are cooking areas free of grease or extensive mess and clutter?			
Is there a GFIC or ground fault circuit interrupter? This is an outlet designed to protect against severe electrical shock.			

BATHROOM AREAS



	Yes	No	N/A
Are exposed hot water and drain pipes covered?			
Is the bathroom free of clutter so you can move around easily?			
Can the temperature of the bathroom space be adjusted?			
Is the bathroom free of portable electric or gas space heaters?			
Does the toilet have some type of sturdy support nearby (not a towel bar)?			
Is the bathroom well lighted?			
Are all the tubs/showers equipped with non-slippery surfaces?			
Do all tubs/showers have adequate grab bars or sturdy support (not a towel bar)?			
Are medicines clearly labeled?			
Are medicines kept out of reach of children?			
Are expired medicines thrown away?			
Are nightlights in the bathroom?			
Are hairdryers and other electrical equipment used away from water?			
Are razor blades stored and disposed of properly?			
Do throw rugs on the floor have non-skid backing?			
Are cleaning fluids stored out of reach of children or pets?			
Are traffic areas free from all cords?			
Is there a GFIC or grounded outlet?			

BEDROOM AREAS



	Yes	No	N/A
Is a lamp or light switch within reach as you walk into the room?			
Is a lamp or light switch within reach of the bed?			
Is a night light in the room?			
Is a flashlight located next to the bed?			
Do you keep a phone next to the bed?			
Are magazines and newspapers kept off the floor?			
Do throw rugs have non-skid backing?			
Is the bed sturdy?			
Is the bed a good height?			
Does the bed have an easy-to-grip headboard?			
Are traffic areas free from all cords (electrical, cable, etc.)?			
Are electric blankets and heating pads in good condition?			

LIVING & FAMILY AREAS



	Yes	No	N/A
Are the floors a non-slippery surface?			
Do all throw rugs have non-skid backing?			
Are carpets firmly attached to the floor?			
Is the furniture in good repair and safe to use?			
Are the traffic areas free from all cords (electrical, cable, etc.)?			
Are hallways free from clutter?			
Are hallways well lighted?			
Does the room have lighting that doesn't produce glare?			
Is there a screen in front of the fireplace?			
Are electric/gas space heaters at least 3 feet away from curtains, furniture, and other combustible objects?			
Are electric/gas space heaters placed on nonflammable surfaces and out of traffic paths?			
Are electric and gas space heaters placed where they can't easily fall over?			
Are gas space heaters properly vented?			

OUTDOOR AREAS



	Yes	No	N/A
Is there lighting along walkways and by doors?			
Are walkways and driveways in good condition?			
Are there holes or uneven areas in the yard that need to be filled in?			
Is the yard clear of debris such as glass, trash, or boards?			
Is lawn mowed and landscaping maintained?			
If a walker or wheelchair is needed, is there a ramp available?			

OTHER AREAS



	Yes	No	N/A
Is the water temperature safe (120 °F)?			
Is there sufficient light in every room?			
Are power cords and/or extension cords in good condition?			
Are locks present and secured on all windows?			
Are windows and doors operable and not blocked or painted/nailed shut?			
Are all electrical outlets used properly? (not overloaded)			
Are there surge protectors to protect electronic devices from power surges or spikes?			
Are weapons (e.g., firearms, bows, air rifles, hunting slingshots, and hunting knives) made inoperable and stored in a locked cabinet?			
Is ammunition stored in a locked location away from firearms?			

EMERGENCY ISSUES



	Yes	No	N/A
Is there a fire extinguisher present in the home, and is the inspection up to date?			
Are important health-related documents in a file that is easily accessed by people checking on you?			
Are there working smoke and carbon monoxide (CO) detectors in the home?			
Do you have flashlights available, along with extra batteries, in case of a power outage?			
Are emergency telephone numbers displayed in a central location? This includes police, fire department, 911, and poison control.			
Have you posted your emergency escape plan for fires and severe weather?			

THREE WAYS I AM GOING TO MAKE MY HOME SAFER

	Date Completed
1)	
2)	
3)	

REMEMBER, SAFETY BEGINS AT HOME! For more information on a healthy and safe home, visit healthyhomes.uga.edu

TIPS TO PREVENT FALLING

- Get regular exercise, focusing on improving balance and strength.
- Fall-proof your home by improving lighting and reducing clutter.
- Wear supportive footwear for easy mobility.
- Attend regular medical appointments.
- Develop a support system that can help you if you fall or need help (e.g., family, friends, neighbors).

Reference

United Health Foundation (2025). *America's health rankings*. Retrieved June 24, 2025, from https://www.americashealthrankings.org/explore/measures/falls_sr/GA

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