



West Metro  
Fire Rescue

# ANNUAL HOME SAFETY ASSESSMENT

GET YOURSELF SET FOR SUCCESS!



Did you know that the environment you live in can have one of the biggest impacts on your quality of life? We know how much a life can change when someone falls and we want to help you reduce the chances of that happening.

The following **room-by-room checklist identifies potential safety hazards** in the home and offers recommendations that can help you stay safe in your home.







**Any "X" NO circled, is something that should be corrected to make your space safer.**

## ENTRY, WALKWAYS AND LIVING / FAMILY ROOMS













- YES  NO **Are stairs stable, wide enough to step on, and free of clutter & trip hazards?**  
Items should never be stored on stairs and landings; this can lead to falls & injury.
- YES  NO **Are sturdy handrails provided on both sides of the stairs throughout the house?** Handrails provide support and an option to grab if you lose your balance.
- YES  NO **Are lamps and lights easy to access and in good working order?**  
Poor eyesight and medication changes can affect our balance and ability to notice trip hazards. Good lighting helps ensure you know where you're stepping.
- YES  NO **Does the house contain any thin extension cords?**  
Thin extension cords are not only a trip hazard, they are also a fire hazard - as they are often used incorrectly. Replace thin extension cords with surge protectors.
- YES  NO **Are your smoke alarms powered by a 10-year lithium-ion battery?**  
10-year lithium battery alarms are recommended. Fewer batteries to change means fewer trips on a ladder. Use a broom to push the test button at least 1 time each year.
- YES  NO **Does the house have one CO detector on every level of the home?**  
Carbon Monoxide detectors need to be replaced every 7 years
- YES  NO **Do you have tools, like a flashlight, accessible in case of a power outage?**  
The flashlight on your cellphone will drain its battery very quickly. Have a separate flashlight ready to go in case of an emergency. If the power goes out, leave your refrigerator and freezer closed as little as possible to keep the cold air in. Have a plan for your Oxygen system if you have one. Gas powered generators should always be used outside in the open air, never inside a home.

turn over →

## KITCHEN

-   **Are items you use often at waist level, not above your head or at your feet?**  
Accessing items in difficult-to-reach areas can cause us to lose our balance, which can lead to falls and injuries. Avoiding hard-to-reach places is recommended. Although we would prefer your feet to be on the ground at all times, if you must use a step stool, please be sure it is sturdy, placed on a flat, hard floor, and that you have somewhere secure to grab onto for support.
-   **Are your Kitchen chairs sturdy, solid & without wheels?**  
Sturdy chairs with armrests that don't roll offer more support when preparing to sit down or stand up and are safer to get in and out of.
-   **Is the area on and around your stove top free of clutter and combustibles?**  
It is never safe to store items on top of or around a stove, its a fire hazard and is a common cause of kitchen fires. Its simply not worth the risk.

## BEDROOM / BATHROOM

-   **Does your home have a smoke alarm in every bedroom, all living areas and at least one on every floor (including basements)?**  
All smoke alarms, even hardwired ones, should be replaced every 10 years.
-   **Is the path from the bed to the bathroom clear of obstructions, rugs, and is it well lit with nightlights when light switches cannot yet be reached?**  
Rugs, shoes, and anything left on the ground can become a trip hazard, especially at night. Use night lights to illuminate the path and keep the floor clear.
-   **Is it easy for you to get in and out of bed?**  
Beds are soft by design and don't always offer a sturdy surface to grab onto or push off of. Grab bars can be installed to help you feel more stable.
-   **Are grab bars installed in the shower or bath?**  
These can aid in entering and exiting the shower safely. These should be affixed to the walls with glue or fasteners, not suction cups which can fail unexpectedly.
-   **Do you have a shower chair or bench with a handheld shower head.**  
Sitting while bathing is safer especially combined with a hand-held shower head.
-   **Do you keep a phone near you when you sleep?**  
Having a phone near you to call 911 in case of an emergency is recommended.



**CONTACT A LOCAL HANDYMAN IF YOU NEED HELP MAKING IMPROVEMENTS TO YOUR HOME.**

**Click on the QR code to be taken to a list of groups that provide low-cost or free home improvements to seniors.**