



Keeping your home safe

Many falls are preventable! Use this checklist as a starting point to see if there are any areas around your home that could be made safer. List anything you need to do and give it a tick once completed. **On the Go Physio** offers professional home safety checks, see our website for more details www.onthegophysio.co.nz

Date assessed:

Kitchen		Action needed (if any)	Completed
Are the things you need everyday within easy reach (you should not need to bend low or reach up above your head)?			
Is the floor free of loose rugs or mats?			
Do you have a long handled mop to clean up spills immediately?			
Do you have smoke alarms?			
Are the lights bright enough throughout the room?			
Bathroom	Yes	Action needed (if any)	Completed
Do you use non-slip mats on the floor?			
Do you have non-slip mats in the bath or shower?			
Does your towel or bathrobe hang in easy reach?			
Do you keep your soap, shampoo, conditioner etc in easy reach?			
Can you safely climb in and out of your shower and bath without using the vanity, taps or towel rail for support? If not, do you have a purpose built rail?			

Toilet	Yes	Action needed (if any)	Completed
Can you easily get on and off the toilet without using the vanity, taps or towel rail for support? If not, do you have a purpose built rail?			
If you use a walking frame or stick is there enough space to take it in with you and still turn around?			
Is there sufficient light when going to the toilet at night?			
Can you easily reach the toilet paper without reaching down or twisting?			
Living Areas	Yes	Action needed (if any)	Completed
Can you get up from the dining room chair without pulling on the table?			
Can you get up easily from your armchair or couch?			
If you use a walking frame is there space to 'park' it right next to your chair?			
Is the floor free of loose carpet/rugs/mats? (this includes frayed or rolled up edges)			
Is your path free of clutter, furniture, wires or other hazards?			
Are you able to draw the curtains easily?			
Are you confident carrying meals or hot drinks from the kitchen to the dining area?			

Bedroom	Yes	Action needed (if any)	Completed
Are you able to get in and out of bed with minimal effort?			
Can you easily turn a light on/off from your bed?			
Do you have a telephone you can reach from your bed?			
If you use a walking frame is there space to 'park' it right next to your chair?			
If you wear glasses are they within reach?			
Do you have a working torch within reach of your bed?			
Is your path to your bed free from clutter and cords (including your electric blanket)?			
Stairs and hallways	Yes	Action needed (if any)	Completed
Are these well lit with no dark corners?			
Are all passageways free of clutter?			
Are all passageways free of loose rugs/mats with no frayed or rolled up carpet?			
Do any steps or stairs have non-skid coverings?			
Do you have rails to hold when you are going up and down stairs?			

Outdoors	Yes	Action needed (if any)	Completed
Are your paths free of moss and in a good state of repair?			
Do any steps have a good sturdy handrail?			
Is there good lighting when coming and going after dark?			
Can you safely leave your house if it's icy or wet?			
Are step edges clearly visible?			
General	Yes	Action needed (if any)	Completed
Can you easily reach your phone no matter where you are in the house?			
Do you wear well fitted shoes or slippers with a back and good grip?			
Do you have your vision tested yearly?			
Are your medicines well organised or in a blister pack?			
Are your medications regularly reviewed by your doctor?			
Do you have a clear emergency plan in case of a fall or other injury or illness?			
Do you have an emergency plan in case of earthquake, power cut or other civil emergency?			