

Home Safety Walkthrough

Room-by-room printable checklist for families and OTs.

Walk through every room with this list. Fix the small things first — they prevent the big falls.

ENTRY & HALLWAYS

- Clear path, no throw rugs or cords across walkways
- Light switches at both ends of every hallway
- Sturdy handrail at every step
- Non-slip strips on outdoor steps

BATHROOM

- Grab bars installed at toilet and inside shower
- Non-slip mat in tub and on the bathroom floor
- Shower chair or transfer bench if needed
- Water heater set no higher than 120°F
- Toilet seat at the right height (raised seat if needed)

KITCHEN

- Frequently used items between waist and shoulder height
- Step stool with a handle (not a chair)
- Stove auto-shutoff or visible timer for memory issues
- Working smoke and CO detectors

BEDROOM

- Lamp and phone within reach of the bed
- Bed height allows feet flat on floor when sitting
- Night light to the bathroom
- Clutter-free path from bed to bathroom

STAIRS

- Handrail on both sides if possible
- Contrasting tape on edge of each step
- Light at top and bottom of every staircase
- Stairlift considered if falls are recurring