

Home Safety Checklist

From Adaptive Remodeling Solutions, LLC

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Are you able to use every part of your home efficiently and safely? Take a good look at the rooms in your home and complete this checklist. If you answered "yes" to questions, you're on your way to a safe home. If there are a few "no" answers, you may want to consider having some remodeling/building completed to assist you. Please feel free to call Blaine at Adaptive Remodeling Solutions for a free home analysis and/or to help you with your home improvement needs.

The Bathroom

Yes	No	
		The bathroom door is at least 32" wide
		My door can be unlocked from the outside
		My door opens into the hallway
		There is enough floor space for a wheelchair to move in
		The floor isn't slippery, and all rugs are removed
		I have a telephone that I can reach in the bathroom
		There is a flat ledge on my tub to sit on
		The bathtub has a non-slip surface
		I am able to reach the water controls from outside the tub
		I am able to reach my towel, shampoo or other toiletries while I sit in the tub
		I have grab bars around my tub
		I have a hand-held shower
		The water controls have an anti-scald device
		I have a walk in shower
		I have a safe, secure shower seat

	My shower has a non-slip surface
	There are grab bars in the shower that I can reach easily
	There are grab bars around my toilet
	The grab bars can support up to 250 pounds
	The grab bars are securely fastened to the wall studs
	The grab bars are between $1 \frac{1}{4}$ - $1 \frac{1}{2}$ inches around
	The grab bars are textured, for ease in gripping
	There is a $1 \frac{1}{2}$ inch space between the grab bar and the wall
	My sink is 34 inches from the floor
	I am able to sit at the sink - there's room for my knees
	I have one control to use for hot and cold water
	I have lever-type handles, (not knobs)
	My sink has an anti-scald device
	I have enough counter space to hold items within reach
	The edge of the counter is rounded
	I can easily reach the medicine cabinet when I am sitting down
	My toilet is 17" from the floor
	There is at least 18" of open space in front of the toilet
	There is 42" of floor space on one side of the toilet
	I am able to easily reach the toilet paper
	All rugs are removed from the bathroom
	I have removed my shower doors (use curtain instead)
	***any other concerns???

The Kitchen

Yes	No	
		My kitchen floor has a non-slip surface and all rugs are removed
		I have a fire extinguisher that is easy to reach
		The microwave is at least 48" from the floor
		My sink is no more than 6 $\frac{1}{2}$ inches deep
		My sink is 34" from the floor
		I have one faucet to control hot and cold water
		I have lever-type handles (not knobs)
		There is knee space under the sink
		I have a spray hose on my sink
		My sink has an anti-scald device
		My dishwasher is 8" off the floor
		I have room next to the dishwasher for a chair
		At least one counter is 36" from the floor
		That counter has knee space underneath
		My countertops are free of clutter
		My countertops are well lit
		The edges of the countertops are a different color than the rest of the counter
		My countertops are made of a heat resistant surface
		I have countertops on both sides of the sink, refrigerator and stove
		My upper kitchen cabinets are only 48" from the floor
		My lower cabinets are six inches above the floor
		All the heavy pots and pans are kept in the lower cabinets
		I can reach everything in my upper cabinets with ease

		I have at least one lower cabinet that has slide out shelves
		I have a Lazy-Susan on a deep or corner cabinet
		I am able to reach and use my oven easily
		The oven has a door that swings to the side
		My kitchen cabinets have easy to use handles
		All of the cabinets are securely fastened - no loose doors or hinges
		I don't have any shelves that seem to be bowing in
		My kitchen floor is free from broken or torn tiles
		***any other concerns?

Getting into and around my home

Yes	No	
		I have a smooth pathway from the curb to the house
		If it slopes, it is a gentle slope, and not steep
		The pathway is at least 36" wide
		The path is free of trees, shrubs or other debris
		The pathway is even - no broken concrete or holes
		My pathway is well lit
		I have motion detector lights outside my entrance doors
		I have a well secured railing by my front steps
		My home is equipped with a bathroom and bedroom on the first floor
		I can easily access my washer and dryer
		My floors are free of clutter
		There are no area rugs in the house
		The carpeting is firmly in place - no slipping
		My other floors are even, with no torn or broken flooring
		The thresholds are firmly in place

Yes	No	
		My front doorway is at least 32" wide
		I have lever-type handles on all my doors
		There is an overhang above the door
		There is an outside shelf near the door
		My front porch is visible from the street
		All the doorways inside my home are at least 32" wide
		There is clear floor space on the handle side of each door
		I can easily reach all outlets and light switches
		The treads (flat part) of my stairs are 11-12" deep and at least 36" wide
		I have one landing for every 10 steps in my staircase
		The stairway has a safely hung railing on each side
		The stairwell is well lit
		There are light switches at both the top and bottom of the stairs

Railings and Ramps

Yes	No	
		Every step or stairwell has a handrail
		Each handrail is about 34" from the floor and is rounded at the end
		The railing is 1 ½ inches from the wall
		The railing can support up to 250 pounds
		The railing extends 12" beyond the top and bottom step
		All handrails are screwed tightly into the wall studs
		I check the handrails regularly to make sure they aren't loose
		A professional built the ramp at my home and is up to standard codes
		The ramp has guardrails made of wood
		The ramp is not slippery when wet

		The ramp is built close to the house
		The ramp has a landing at the top and the bottom
		If it is a long ramp, there is a landing in the middle
		Each landing is 60" long and 60" wide
		The ramp is level from side to side
		There are guardrails along the bottom of the ramp to keep someone from falling
		There is a 2" edging along the floor sides of the ramp
		There are stairs to use if the ramp isn't needed
		***any other concerns?

Closets

Yes	No	
		I've gone through my clothes and gotten rid of items I don't use
		I can reach my closet items easily
		The clothing rod is 20-44" above the floor
		I have a closet organizing system that I use
		I have full extension drawers that pull out all the way
		My shelves are no longer than 18" deep
		I have convenient shoe storage
		I have a light in my closet
		I am able to easily reach the light switch
		My closet door is at least 32" wide

Electrical Outlets and Lighting

Yes	No	
		I can easily access all electrical outlets
		All of my appliances are within 6" of the outlet
		I try not to use any extension cords
		I can turn on a lamp in each room via a switch by the door
		There is an electric outlet by each door
		I use mostly incandescent lights in my home
		I use the highest wattage bulbs allowed for each light fixture
		I use nightlights in parts of my home where I walk after dark
		My light fixtures are easy to clean
		I clean light fixtures regularly
		My outdoor light fixtures are working properly and are cleaned regularly
		***any other concerns?

Smoke detectors

Yes	No	
		I have a smoke detector on each floor of my home
		I have smoke detectors outside of each bedroom
		All the smoke detectors are mounted on the ceiling
		The batteries in the detectors are changed at least twice a year
		I keep a fire extinguisher on each floor of my home
		I know how to use the fire extinguisher