

Safety and Mobility Checklist



Use this list to identify home safety, fall hazards and accessibility issues for all family members.

EXTERIOR ENTRANCES AND EXITS

- ☐ Condition of walk and drive surfaces.
- ☐ Are handrails or ramps needed?
- ☐ Check threshold height
- ☐ Ability to use knobs and keys
- ☐ Are house numbers visible at night and from the street?

INTERIOR DOORS, STAIRS AND HALLS

- ☐ Are floors level at thresholds?
- ☐ Are halls wide enough and free of clutter to maneuver safely?

TELEPHONE AND DOORS

- ☐ Are phone jacks near the bed, sofa and chair?
- ☐ Are you able to get to the phone, dial and hear caller?
- ☐ Are you able to identify visitors and hear the doorbell?
- ☐ Can you reach the empty mailbox?
- ☐ Is there a need for a wireless phone or answering phone?
- ☐ Can you easily turn all door knobs in your home?

KITCHEN

- ☐ Check overall lighting levels for task lighting
- ☐ Sink and counter heights
- ☐ Are shelving and storage easily accessible?
- ☐ Is there adequate counter space?

LIVING, DINING AND BEDROOMS

- ☐ Do chair, sofa and bed heights allow for easy standing and sitting?
- ☐ Are there area rugs or trip hazards?
- ☐ Are you able to turn on TV, light or make a phone call from bed or chair?

LAUNDRY

- ☐ Are you able to easily access the washer and dryer?
- ☐ Can shut off valves be easily reached?

BATHROOM

- ☐ Are all sink basin, tub faucets and shower controls manageable?
- ☐ Can you safely access the shower and tub?
- ☐ Are grab bars or a tub/shower seat needed?
- ☐ Note toilet height; ability to reach paper, flush and stand and sit easily.

STORAGE SPACE

- ☐ Are you able to reach closet rods and hooks?
- ☐ Can you open bureau drawers?

WINDOWS

- ☐ Are locks and opening mechanisms easy to operate?
- ☐ Are storm windows and screens functional?

ELECTRICAL OUTLETS AND CONTROLS

- ☐ Are there sufficient outlets?
- ☐ Extension cord hazards?
- ☐ Are there ground fault outlets in kitchen and bathrooms?
- ☐ Are there light switches at the entrance to each room?
- ☐ Check outlet heights and wall locations

HEAT, LIGHT, VENTILATION, SMOKE, CARBON MONOXIDE, WATER TEMP CONTROL

- ☐ Are there smoke/CO alarms and a working fire extinguisher?
- ☐ Are thermostat displays easily accessible and readable?
- ☐ Check all rooms for poor light levels
- ☐ Do all windows and patio doors slide open easily?
- ☐ Are drapes and curtains easily opened and not a trip hazard?
- ☐ Are heating and cooling systems serviced regularly?
- ☐ Check the temperature of hot water heater.

Give us a call at **1.833.274.5902** or request an appointment at **MrHandyman.ca**

