

Eaa-Fix It Home Safety Check

This is our home safety check form. You may print it off, fill it out and send to Rolf Staples at Eastern Agency on Aging, 450 Essex St., Bangor, ME 04401, if you find you need some repairs. Eaa-Z Fix It may be able to help you.

All Areas:

1. Are all lamp, extension and telephone cords in good repair and out of the way? Yes ___ No ___
2. Are rugs and runners slip resistant? Yes ___ No ___
3. Are carpets and rugs in good repair? Yes ___ No ___
4. Are floors even and in good repair? Yes ___ No ___
5. Are rooms and hallways clear and uncluttered? Yes ___ No ___
6. Are floors un-waxed or non-slip? Yes ___ No ___
7. Are rooms and hallways well lit? Yes ___ No ___
8. Are light switches easily accessible and easy to use? Yes ___ No ___
9. Do all lights work? Yes ___ No ___
10. Are emergency numbers posted near the phones? Yes ___ No ___
11. Is at least one phone easily accessible from the floor? Yes ___ No ___
12. Are smoke detectors installed and operating? Yes ___ No ___
13. Are they battery operated? Yes ___ No ___
14. Is there a carbon monoxide tester installed, if needed? Yes ___ No ___

Kitchen:

1. Is there a rubber mat by the sink? Yes ___ No ___
2. Are dials on stove clearly marked and on stove front? Yes ___ No ___
3. Are frequently used kitchen items within reach? Yes ___ No ___
4. Is there a step stool that is stable and with hand rails? Yes ___ No ___
5. Is there a working fire extinguisher? Yes ___ No ___

Bedroom:

1. Are light switches or lamps close to the bed? Yes ___ No ___
2. Is there a night light? Yes ___ No ___
3. Is the floor clear around the bed? Yes ___ No ___

4. Is a grab bar or other aid near the bed to help in getting in and out of bed?
Yes ___ No ___

Bathroom:

1. Is the bathroom easily accessible from the bedroom? Yes ___ No ___
2. Is lighting adequate in the bathroom? Yes ___ No ___
3. Is there a nightlight? Yes ___ No ___
4. Are bathtubs and showers equipped with non-skid surfaces?
Yes ___ No ___
5. Is the hot water temperature 120 degrees or lower? Yes ___ No ___
6. Is the shower equipped with a temperature regulating valve to guard against burns? Yes ___ No ___
7. Is the bathroom floor non-skid? Yes ___ No ___
8. Is the toilet seat too low? Yes ___ No ___
9. Is there a grab bar? Yes ___ No ___
10. Can the bathroom door be unlocked from the outside if needed?
Yes ___ No ___

Chairs and Tables:

1. Are chairs and table sturdy and without casters? Yes ___ No ___
2. Do frequently used chairs have arm rests and high backs?
3. Yes ___ No ___
4. Are frequently used chairs high enough to aid in standing up?
5. Yes ___ No ___

The Entry:

1. Are walkways free from cracks and holes? Yes ___ No ___
2. Is there adequate lighting? Yes ___ No ___
3. Are doors in good repair and easy to open or close? Yes ___ No ___
4. Is there a door mat that is in good repair and lies flat? Yes ___ No ___
5. Is the entrance protected from rain or snow? Yes ___ No ___
6. Is the surface of the steps non-skid? Yes ___ No ___
7. If there is an elevator, do the doors close slowly enough? Yes ___ No ___
8. If there is an elevator, does it stop level with the floor? Yes ___ No ___

9. Do steps have sturdy, easy to grip railings on both sides? Yes ___ No ___

Porches:

1. Are the railings on porches and decks sturdy? Yes ___ No ___

2. Are the floors of porches and decks solid? Yes ___ No ___

Stairs:

1. Are stairs well lighted? Yes ___ No ___

2. Are light switches at both the top and bottom? Yes ___ No ___

3. Are there nightlights installed? Yes ___ No ___

4. Are sturdy handrails on both sides? Yes ___ No ___

5. Do the handrails go continuously from top to bottom? Yes ___ No ___

6. Do the steps allow secure footing? Yes ___ No ___

7. Are the steps even in size and height? Yes ___ no ___

8. Are step coverings in good condition? Yes ___ No ___

9. Are the edges of the steps easy to see? Yes ___ No ___