



## FIRST RESPONSE SYSTEM.COM

Live Customer Assistance: (866) 930-1130

### HOME SAFETY SELF-ASSESSMENT

First Response System has created our own Home Safety Self-Assessment that you can now implement with a family member, caregiver or local health care provider / community agency representative.

#### STEP #1: HOME WALK-THROUGH / Room-to Room

Conduct an inspection tour of your home environment (indoors and outdoors) to *identify specific home hazards* that can lead to an accidental fall or critical injury.

#### STEP #2: HOME MODIFICATION / Indoors and Outdoors

Follow-up to *remove and modify specific home hazards* identified in the Home Walk-Through tour inspection.



## **MY HOME SAFETY ZONE CHECKLIST (SAMPLE LIST ONLY)**

Check each bulleted item below to indicate a home hazard that has been identified and modified.

The LIVING ROOM.

- Clutter in blocked pathways
- Rugs and stretched carpets secured to floor
- Scatter rugs to be removed
- Furniture layout: clear pathways; proper spacing; no obstructions
- Electrical cords and extensions clear from pathways; run along walls
- Check and replace lighting fixtures/ bulbs

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Page 2 – continued – Home Safety Checklist

THE KITCHEN.

- Flooring should be non-stick and slip-resistant
- Wall and floor storage shelf/cabinetry are accessible height
- Keep cords and appliances away from sink and stove top
- Brighten task lighting at sink, stove/oven and counter prep areas
- Door fasteners firmly attached to cabinet doors

THE BEDROOM.

- Clear access to all wall light switches
- Bedside clear of any floor clutter, papers, shoes and clothing
- Position medical alert console, phone, jack, clock, remotes next to bed
- Windows and drapes easy to open and close
- Place a lamp and/or light switch within easy reach of bed
- Replace all light fixtures with bright bulbs; floor to ceiling

THE BATHROOM.

- Equip tub/shower with non-skid matting; replace every 6 months
- Install grab bar; sliding chair; soap dispenser; portable shower head in tub
- Non-skid rug on floor only; clear pathways to sink, toilet and tub
- Replace all light fixtures with bright, no-glare bulbs; night light(s)
- Storage bins above and below sink basin are accessible and clutter-free
- All hot water pipes are covered

STAIRS, HALLWAYS & DOORS.

- All pathways are clutter-free; no obstructions
- Install non-slip treads over bare wood steps/staircases
- Check for sturdy hand railings
- Install bright color tape at edge of single step; texture change at top and bottom of stairwell
- Review bright, even lighting on stairs and doorways
- Install motion sensor light switches and/or night lights in hallways

Contact First Response System.com at (866) 930-1130 to receive a complete copy of the Safety At Home Guide – Home Safety Checklist mailed to your home today.