

Your room-by-room home safety checklist

Many falls happen at home during everyday activities. Small changes can reduce slips and trips, make it easier to move around and help you stay confident and independent.

Walk through each area and tick the statements that apply. If you cannot tick an item, use the suggested actions or ask someone you trust for help.

Important: Do not climb or attempt repairs yourself if it is not safe. Ask a friend, relative or suitably qualified professional to help.

Name: _____

Date completed: _____

Completed: ☐ by me ☐ with family, friend or carer ☐ with a professional

Review date: _____

1. Outside your home

- ☐ Paths are level, stable and in good repair.
- ☐ Paths and entrances are free from moss, algae, wet leaves, ice and other slippery surfaces.
- ☐ Hosepipes, tools, plant pots, bins and garden furniture are kept away from walkways.
- ☐ Overhanging plants and branches do not obstruct paths.
- ☐ Routes to the front door, bins, shed and washing line are clear.
- ☐ Outdoor steps are easy to see and in good condition.
- ☐ Steps have a secure handrail where needed.
- ☐ Paths, steps and entrances have enough lighting.
- ☐ Doors are easy to open, close and lock.
- ☐ I can collect post and deliveries without bending too far or rushing.
- ☐ I can safely reach and move my bins.
- ☐ I wear supportive, well-fitting footwear outside.
- ☐ Someone I trust can enter my home in an emergency, if appropriate.

Actions to consider

- Clear leaves, moss and clutter.
- Repair uneven paving or damaged steps.
- Improve lighting around entrances and paths.
- Arrange help with bins, gardening, snow or ice.
- Avoid going outside in unsafe weather unless necessary.

2. Entrance, hallway and landing

- ☐ Entrances and hallways are free from shoes, bags, parcels and clutter.
- ☐ Door mats lie flat, have non-slip backing and do not move.
- ☐ Flooring is level and in good condition.
- ☐ Cables and telephone wires are kept away from walkways.
- ☐ There is enough room to move safely, including with a walking aid.
- ☐ Light switches are easy to reach.
- ☐ The hallway and landing are well lit, including at night.
- ☐ There is a stable place to sit when putting on or removing shoes.
- ☐ Coats and other items do not obstruct the hallway.

- ☐ I can reach the door and telephone without rushing.
- ☐ Smoke and carbon monoxide alarms are working.
- ☐ The route out of my home is clear.

Actions to consider

- Remove items that narrow walkways.
- Secure or remove loose mats.
- Use brighter bulbs or suitable night lighting.
- Ask someone to test alarms or replace batteries if needed.
- Consider a personal alarm or another way of calling for help.

3. Stairs and steps

- ☐ Stairs are free from belongings and clutter.
- ☐ Stair coverings are secure with no loose or raised edges.
- ☐ Each step is easy to see.
- ☐ There is good lighting at the top and bottom.
- ☐ Light switches are available at both ends.
- ☐ There is a secure handrail.
- ☐ I can use the handrail without carrying items in both hands.
- ☐ I do not use stairs in socks or loose slippers.
- ☐ Pets and toys do not create a trip hazard.
- ☐ I avoid rushing and ask for help with large or heavy items.

Actions to consider

- Keep stairs completely clear.
- Improve lighting and make step edges easier to see.
- Repair loose carpet or flooring.
- Consider an additional handrail or professional assessment.
- Store frequently used items on the same floor where possible.

4. Living room

- ☐ There is a clear route between the door, chair, windows and areas I use.
- ☐ Furniture allows enough space to move around safely.
- ☐ Low tables and footstools do not obstruct walkways.
- ☐ My usual chair is stable, supportive and easy to get out of.
- ☐ Rugs and mats are removed or firmly secured.
- ☐ Carpets and flooring are level and in good condition.
- ☐ Cables and extension leads are secured away from walkways.
- ☐ The room has good, even lighting without dark areas.
- ☐ Light switches and lamps are easy to reach.
- ☐ The telephone, remote control and everyday items are within easy reach.
- ☐ I do not need to stretch, climb or stand on furniture.
- ☐ Heaters and fires do not obstruct walkways, and fireguards are secure where needed.
- ☐ Pet bowls and toys are away from walking routes.
- ☐ There is room to use my walking aid safely, if needed.

Actions to consider

- Remove or secure rugs and trailing wires.
- Reposition furniture to create clear walkways.
- Replace an unstable or very low chair.
- Add a lamp where lighting is poor.
- Ask someone else to reach high shelves, windows or curtains.

5. Kitchen

- ☐ The floor is dry, level and in good condition.
- ☐ Spills are cleaned up promptly.
- ☐ Loose mats are removed or securely fixed.
- ☐ Frequently used items are stored between waist and shoulder height where possible.
- ☐ I do not climb on chairs or stools to reach cupboards.
- ☐ Heavy items are stored where they can be moved safely.
- ☐ Cupboard and appliance doors do not obstruct walkways.
- ☐ There is enough clear space to move around.

- ☐ Work surfaces and the room are well lit.
- ☐ I can prepare food without standing longer than is comfortable.
- ☐ I can carry food and drinks without affecting my balance or view.
- ☐ Electrical leads are away from water, heat and walkways.
- ☐ I can safely use the kettle, cooker and other appliances.
- ☐ There is a stable place to sit if I need to rest.
- ☐ Laundry, shopping and bags are not left in walkways.

Actions to consider

- Move everyday items to easier-to-reach shelves.
- Clean spills promptly and address leaks.
- Sit for some food preparation tasks if safer.
- Carry fewer items or use a suitable trolley or tray.
- Divide heavy shopping or laundry into smaller loads.

6. Bedroom

- ☐ There is a clear route between the bed, door and bathroom.
- ☐ Clothes, shoes, bags and bedding are kept off the floor.
- ☐ Rugs are removed or firmly secured.
- ☐ The floor is level and in good condition.
- ☐ The bed is stable and a suitable height for getting in and out.
- ☐ A lamp or light switch is within reach from bed.
- ☐ I use a night light if I get up during the night.
- ☐ My glasses, telephone and important items are within easy reach.
- ☐ I sit up and steady myself before standing.
- ☐ I wear supportive slippers or shoes, rather than walking in socks.
- ☐ Bedding does not trail onto the floor.
- ☐ Cables and furniture do not obstruct the route.
- ☐ Clothes can be reached without excessive bending, stretching or climbing.
- ☐ Pets do not lie where I could trip over them when getting out of bed.

Actions to consider

- Clear the route to the bathroom before bed.
- Use a motion-activated night light.
- Move frequently used clothes to accessible drawers or rails.
- Seek advice if the bed is too high, too low or difficult to get out of.

7. Bathroom and toilet

- ☐ The floor is kept dry and free from clutter.
- ☐ Flooring is non-slip and in good condition.
- ☐ Bath and shower mats have non-slip backing and lie flat.
- ☐ I can get into and out of the bath or shower safely.
- ☐ Soap, shampoo and towels are easy to reach.
- ☐ I can get on and off the toilet without pulling on an unstable object.
- ☐ Grab rails are correctly positioned, securely fitted and in good condition.
- ☐ I do not use a towel rail, radiator or sink for support.
- ☐ The room has adequate lighting, including at night.
- ☐ The door can be opened easily in an emergency.
- ☐ I can call for help if I fall or become unwell.
- ☐ I take extra care when the floor or my feet are wet.
- ☐ There is a stable place to sit if needed.
- ☐ Toiletries and cleaning products are not stored on the floor.

Actions to consider

- Use a suitable non-slip bath or shower mat.
- Keep towels and toiletries within easy reach.
- Consider professionally fitted grab rails or suitable equipment.
- Ask for advice if bathing, showering or using the toilet is becoming difficult.
- Plan how you would call for help in an emergency.

8. Dining area

- ☐ There is a clear route to and around the table.
- ☐ Chairs are stable and do not move unexpectedly.
- ☐ Rugs and floor coverings are secure.
- ☐ Table and chair legs do not create hidden trip hazards.
- ☐ Lighting is bright enough to see the floor and furniture.
- ☐ I can carry food and drinks without blocking my view.
- ☐ Bags and shopping are not left beside chairs or in walkways.
- ☐ I can get out of my chair without pulling on the table.

Actions to consider

- Remove spare furniture if it restricts movement.
- Use a stable, supportive chair.
- Keep serving items within easy reach.
- Carry fewer items at a time or use suitable equipment.

9. Utility room, garage, shed and storage

- ☐ Floors and walkways are free from tools, boxes and clutter.
- ☐ Shelving is secure.
- ☐ Frequently used items are easy to reach.
- ☐ Heavy items are stored at a safe height.
- ☐ I do not climb on boxes, chairs or unstable stools.
- ☐ Lighting is bright enough to see steps and obstacles.
- ☐ Floors are free from oil, water and slippery substances.
- ☐ Cables and equipment are safely stored.
- ☐ Changes in floor level are easy to see.
- ☐ I wear suitable footwear.
- ☐ I ask for help with heavy lifting, repairs or work at height.

Actions to consider

- Create a clear route through storage areas.
- Dispose of or relocate unneeded items.
- Move heavy or frequently used items to accessible shelves.
- Ask someone else to complete tasks involving height or heavy lifting.

10. Lighting throughout your home

- ☐ Entrances, hallways, stairs and frequently used rooms are well lit.
- ☐ Light switches are easy to reach.
- ☐ Bulbs work and provide enough light.
- ☐ Lighting is available before I enter a dark room.
- ☐ I use night lights where needed.
- ☐ Curtains and blinds can be opened safely.
- ☐ Lighting does not create strong glare or deep shadows.
- ☐ I do not climb to change bulbs if it is unsafe.

Actions to consider

- Replace bulbs that are not working.
- Add lamps, sensor lights or motion-activated lights.
- Use contrast to make steps, switches and furniture easier to see.
- Ask someone to change bulbs or clean fittings.

11. Footwear, clothing and walking aids

- ☐ My shoes fit well and fasten securely.
- ☐ Shoes and slippers have supportive, non-slip soles.
- ☐ Slippers do not slip off and do not have loose backs.
- ☐ I avoid walking in socks on smooth floors.
- ☐ Clothing and dressing gowns do not trail on the floor.
- ☐ My walking stick or frame is the correct height.
- ☐ My walking aid is in good condition.
- ☐ Rubber ferrules are not worn, split or uneven.
- ☐ I use my walking aid as advised, including indoors if appropriate.

- ☐ I keep my walking aid within reach rather than holding furniture.
- ☐ My glasses are clean, up to date and suitable for what I am doing.

Actions to consider

- Replace worn or poorly fitting footwear.
- Have worn ferrules replaced.
- Ask for advice if a walking aid feels unstable or the wrong height.
- Avoid using furniture or walls for support.

12. Medication, dizziness and feeling unsteady

- ☐ I take my medicines as prescribed.
- ☐ I do not stop a medicine without speaking to a healthcare professional.
- ☐ I know which medicines I take and why.
- ☐ I stand up slowly after sitting or lying down.
- ☐ I pause and steady myself before walking.
- ☐ I keep hydrated unless advised otherwise.
- ☐ Medicines are stored safely and are easy to identify.
- ☐ I return unwanted or out-of-date medicines to a pharmacy.
- ☐ I have discussed dizziness, light-headedness, drowsiness or unsteadiness with a pharmacist, GP or other professional.

Actions to consider

- Speak to a pharmacist or GP if a medicine may be affecting your balance.
- Ask for a medication review if you take several medicines or have side effects.
- Keep an up-to-date list of medicines.
- Do not stop medicines suddenly without advice.

13. Eyesight and hearing

- ☐ I attend regular eye tests.
- ☐ My glasses are the correct prescription and in good condition.
- ☐ Glasses are clean and within easy reach.
- ☐ I take extra care using bifocal or varifocal glasses on stairs.

- ☐ I arrange a hearing check if I notice changes.
- ☐ Hearing aids work and are maintained, if I use them.
- ☐ Lighting and contrast help me see steps and changes in floor level.
- ☐ I can hear important alerts, including the doorbell, telephone and smoke alarm.

Actions to consider

- Arrange an eye or hearing check if you notice changes.
- Ask about equipment that may help you hear alarms or alerts.
- Improve lighting and contrast around steps and entrances.

14. Emergency planning and getting help

- ☐ My telephone or mobile is easy to reach.
- ☐ I carry or keep a way of calling for help nearby.
- ☐ Emergency contact details are clearly recorded.
- ☐ Someone I trust knows how to enter my home in an emergency, if appropriate.
- ☐ I know what I would do if I fell.
- ☐ I know who to contact if I become less steady or have another fall.
- ☐ Smoke and carbon monoxide alarms are working.
- ☐ Exits are clear and easy to access.
- ☐ I have considered a personal alarm or falls detector if it would help.
- ☐ Someone checks in with me regularly if I need this support.

Actions to consider

- Record emergency contacts in an easy-to-find place.
- Keep a phone or alarm within reach.
- Discuss a safe emergency access plan with someone you trust.
- Seek advice early if you fall or become less steady.

My home safety action plan

Start with the changes that matter most to you. Ask for help where needed.

No.	What needs to change?	Who can help?	Done
1			☐
2			☐
3			☐
4			☐
5			☐

My first priority: _____

I will ask for help from: _____

I will review my home again on: _____

When to seek further support

Speak to a pharmacist, GP or another appropriate health or care professional if you have fallen, feel increasingly unsteady, are worried about falling, have repeated dizziness, are finding it harder to move around your home, or think your medicines may be affecting your balance.

Important information

This checklist provides general information and is not a professional home hazard assessment. Individual needs vary. If you have fallen, are struggling to move around your home or are unsure which equipment or adaptations are suitable, seek advice from an appropriate health, care, housing or equipment professional.