

# ENVIRONMENTAL HAZARDS CHECKLIST

## Throughout Your Home

	YES	NO
Floors are not slippery.	<input type="checkbox"/>	<input type="checkbox"/>
Pathways are clear of extension cords and other objects.	<input type="checkbox"/>	<input type="checkbox"/>
Rugs have no ripples or tears.	<input type="checkbox"/>	<input type="checkbox"/>
Scatter mats are removed or taped to the floor.	<input type="checkbox"/>	<input type="checkbox"/>
Low tables are removed from the middle of the living room.	<input type="checkbox"/>	<input type="checkbox"/>
All furniture is sturdy.	<input type="checkbox"/>	<input type="checkbox"/>
Chairs have armrests and are the correct height.	<input type="checkbox"/>	<input type="checkbox"/>
All light fixtures have a minimum of 60 watt bulbs.	<input type="checkbox"/>	<input type="checkbox"/>
Entrance to every room has a light switch.	<input type="checkbox"/>	<input type="checkbox"/>
Stepladder or step stool is sturdy, and the step surface is not slippery.	<input type="checkbox"/>	<input type="checkbox"/>
Items used every day are stored within easy reach.	<input type="checkbox"/>	<input type="checkbox"/>

## Entrance

	YES	NO
Doors open easily.	<input type="checkbox"/>	<input type="checkbox"/>
There is a sturdy seat with arm rests.	<input type="checkbox"/>	<input type="checkbox"/>
Mail is within easy reach.	<input type="checkbox"/>	<input type="checkbox"/>
Exterior and interior lighting is good.	<input type="checkbox"/>	<input type="checkbox"/>
Outside pathways are free of lawn furniture, hoses and other objects.	<input type="checkbox"/>	<input type="checkbox"/>

## Bedroom

	YES	NO
A telephone is easily reached from the bed.	<input type="checkbox"/>	<input type="checkbox"/>
A lamp is easily reached from the bed.	<input type="checkbox"/>	<input type="checkbox"/>
The bed is the correct height.	<input type="checkbox"/>	<input type="checkbox"/>

## Bathroom

	YES	NO
Bath-tub plug is easy to reach, and to use.	<input type="checkbox"/>	<input type="checkbox"/>
A rubber mat is used for every bath or shower.	<input type="checkbox"/>	<input type="checkbox"/>
Anti-slip decals on the bottom of the bath tub are no more than 2" apart.	<input type="checkbox"/>	<input type="checkbox"/>

**YES NO**

There are at least two grab bars in the tub area

Portable grab bars (on the side of the tub)  
do not move when used for support.

Rug outside the bathtub has a rubber backing.

**If you have problems getting into or out of the bathtub, are you using:**

➤ a bath seat?

➤ a hand held shower?

**If you have problems sitting on or getting up from the toilet, are you using:**

➤ a raised toilet seat?

➤ a grab bar conveniently located?

**Stairs (inside and outside) YES NO**

Stair edges are marked with contrasting colour.

All steps are the same height.

All steps are the same depth.

Stairs have a non-slip surface.

Handrails are present on both sides of stairs.

Handrail height feels comfortable when used for support.

Handrails extend 12 inches beyond the top and bottom steps.

Handrails are round.

**PERSONAL HABITS YES NO**

I move slowly after lying or sitting to prevent dizziness.

I always wear well fitted shoes or slippers  
with low heels and non-slip soles.

I do not wear long skirts, long house coats, or loose slacks.

I do not use bath oil.

I turn on a night light before I go to bed.

I turn on a light when I get up at night.

I avoid using a ladder or step stool.