

HOME SAFETY CHECKLIST

The **Rehabilitation Center at Maryland General Hospital** offers these quick tips for your **Home Safe Home**:



Entrance/Exterior Areas

- Are walkways and stairs well lit?
- Are steps non-slip and in good repair?
- Are outdoor stairs and walks free from cracks/holes?
- Are handrails sturdy and secure?
- Is there sufficient lighting?

Interior/Living Area

- Are lights bright enough to compensate for limited vision?
- Are there handrails on both sides of stairway?
- Do stairs have even surfaces free of metal strips or rubber?
- Are all rugs secured with carpet-tape or non-skid backing?
- Are walkways clear of tripping hazards like low furniture and cords?
- Are telephones accessible?
- Are chairs strong enough to provide support during transfers?
- Do chairs have armrests to assist in getting up and down?

Kitchen

- Is there a non-slip mat in the sink area to soak up spilled water?
- Do you use a timer to remind yourself of food cooking?
- Do you always turn pot handles to back or center of the stove?
- Do you have an extinguisher in easy reach and know how to use it?

Bathroom

- Do the tub and shower have rubber mats or non-skid surfaces?
- Are grab bars appropriately placed and secure?
- Can you get on/off the toilet seat safely?

Bedroom

- Are there night lights or bedside lamps for night bathroom trips?
- Is the path to the bathroom clear?
- Are beds a safe height for transfers?
- Can you reach closest shelves easily?

With these helpful reminders, your home can be safer and provide you with the quality of life that you deserve.

To reach the Rehabilitation Center at Maryland General Hospital, call **(410) 225-8522**