



Yes **No**

Do you exercise regularly?

Regular exercise builds your strength and improves your balance and coordination. Ask your doctor about the best physical exercise for you.

Yes **No**

Do you take your time getting up to answer the phone or doorbell?

Being rushed or distracted increases your chance of falling. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Yes **No**

Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?

Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other piles of stuff.

Yes **No**

In winter, are sidewalks, outdoor steps, and walkways clear of ice and snow?

Keep the walkways clear. If needed, ask for help with snow and ice removal.

Yes **No**

Have you had your eyes checked?

See an eye specialist once a year. Poor vision can increase your chance of falling.

Yes **No**

Do you have nightlights along the path between your bedroom and the bathroom?

Use nightlights to light the path between your bedroom and the bathroom.

Yes **No**

Do you turn on the lights before you use the stairs?

Stairways should be well lit from both the top and the bottom. Turn on the lights before using the stairs.

Yes **No**

Does every room have a light switch that can be reached from the doorway?

Make sure you can reach light switches from the doorway. Ask for help installing new light switches.

Yes **No**

Are there non-slip mats in and outside bathtubs and showers?

Use non-slip bath mats in the bathtub and on shower floors.

Yes **No**

Do you have grab bars in tubs, showers, and near all toilets?

Grab bars should be installed in all bathrooms. Never use a towel rack or shower rod for support.

Yes **No**

Do you wipe up spilled liquids right away?

Wipe up spilled liquids immediately. Even a few drops of liquid or grease can be a slipping hazard.

Yes **No**

Do your throw rugs have rubber, non-skid backing?

Use only throw rugs that have rubber, non-skid backing. Smooth out all wrinkles and folds in carpeting.

Yes **No**

Is your carpeting in good condition?

Make sure carpeting is not wrinkled, torn, or worn. If it is, ask for help repairing or replacing the carpeting.

Yes **No**

Are there sturdy, easy-to-grip handrails on both sides of the stairs?

Have easy-to-grip handrails installed along the full length of both sides of the stairs



Yes **No**

If there are smokers in your home, do they smoke outside?

Ask smokers to smoke outside. Never smoke in bed or when drowsy.

Yes **No** **N/A**

Do smokers use deep, sturdy ashtrays?

Use deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand.

Yes **No** **N/A**

Are space heaters at least 3 feet (1 meter) from things that can burn?

Keep space heaters at least 3 feet (1 meter) away from anything that can burn—including you. This applies to woodstoves and fireplaces, too. Shut off and unplug heaters when you leave the room or your home or go to bed. Plug space heaters into wall outlets and never into extension cords or power strips.

Yes **No**

Do you inspect electrical cords in your home for damage?

Check electrical cords often. If cords are cracked or damaged or you have loose electrical or extension cords, stop using the cords immediately and replace them. Do not try to repair them.

Yes **No**

Are electrical cords kept from running across doorways or under rugs?

If not, unplug them at once. Avoid putting cords where they can be damaged or pinched by furniture, under rugs and carpets, or across doorways.

Yes **No**

Do you know how to put out a pan fire on the stovetop?

If a pan of food catches fire, slide a lid over it and turn off the burner. When in doubt, get outside and call the fire department.

Yes **No**

Do you stay in the kitchen when you cook?

Stay in the kitchen when frying, grilling, or broiling food. If you leave for even a short period of time, turn off the stove. Don't use the stove if you are drowsy from alcohol or medication and do not cook while taking new medication until you know how it will affect you.

Yes **No**

Do you allow food cooked in a microwave oven to cool before eating?

Remember that while microwave ovens stay cool, the food inside can become very hot. Open microwaved food slowly, away from the face. Allow food to cool before eating.

Yes **No**

Do you wear tight-fitting clothing or short sleeves when you cook?

Wear tight-fitting, rolled-up, or short sleeves when cooking. Use oven mitts to handle hot pans.

Yes **No**

Do you know what to do if your clothes catch fire?

Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and can get to the floor, lock the device before getting out and then roll until the flames are out. If you are a bystander, consider grabbing a rug, blanket, or fire blanket to smother the flames. Get medical help right away.

Yes **No**

Do you know how to treat a burn?

Treat a burn right away by putting it in cool water for 3 to 5 minutes. Get medical help if needed. Do not apply creams, ointments, sprays, or other home remedies.



Yes **No**

Do you have at least one smoke alarm on every level of your home, outside each sleeping area, and inside each bedroom?

Have smoke alarms installed for each of these areas. Make sure alarms are interconnected so that when one sounds they all sound. If you are deaf or hard of hearing, special alarms are available.

Yes **No**

Do you test your smoke alarms monthly?

Have someone test your smoke alarms once a month by pushing the test button. Batteries should be changed at least once a year or whenever the alarm “chirps” to tell you that the battery power is low. Replace all smoke alarms when they are 10 years old.

Yes **No**

If there was a fire in your home, would you know how to get outside?

In a fire, get outside as quickly as you can and stay outside. Once you have escaped a fire, call the fire department from a neighbor’s phone or a cell phone.

Yes **No**

Do you know two ways out of every room?

If possible, know two ways out of every room in your home and two ways out of the home. Make sure windows and doors open easily. Windows with security bars, grills, and guards should have emergency release devices. Make sure furniture and other heavy objects are not blocking your exits. If you must escape through smoke, stay low and go under the smoke to your way out.

Yes **No**

Have you included anyone with a disability in your home in your escape planning and determined what assistance they would need to get out in an emergency?

Include everyone in your home in the planning process. Develop your escape plan for their abilities. Practice the plan at least twice a year both during the day and at night.

Yes **No** **N/A**

Have you provided smoke alarms and alert devices (strobe lights or bed/pillow shakers) for people in your home who are deaf or hard of hearing?

Smoke alarms and alert devices are available for people who are deaf or hard of hearing. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. A high-intensity strobe light along with a pillow/bed shaker can wake them up and alert them to fire conditions so they can escape. Smoke alarm alert devices also are available for people who are hard of hearing. These accessories, which are activated by the sound of the smoke alarm, produce a loud, mixed low-pitched sound. People who are hard of hearing also may find a pillow/bed shaker helpful in waking them up.

Yes **No**

Do you know the emergency number to call in case of fire?

Memorize this number. It may be 9-1-1 or the fire department’s phone number. Once you escape, you will need to call from a neighbor’s phone or a cell phone.

Yes **No**

Do you have a telephone in your bedroom?

Have a telephone in your bedroom or close to where you sleep and post the local emergency number nearby in case you are trapped by smoke or fire.

Yes **No**

Do you have a medical alert button?

Consider having this device for access to help in an emergency.

Yes **No**

Do you have carbon monoxide alarms in your home?

Install a carbon monoxide alarm outside each sleeping area and on every level of your home. Test the alarms monthly. If you cannot reach the alarm safely, ask for help.