PalCare

Home safety checklist

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Name: _____ Address: _____

Checked by: _____ Date: _____

01 / 05

Entrance and hallways

Paths, steps and doorways are where people move between outside and in, often carrying bags or using a walking aid. Look for anything that could cause a trip or a slip.

Question	Status	Action needed / notes
01 Are outside paths, steps and porches free of moss, loose gravel and uneven paving?	☐ Pass ☐ Risk ☐ N/A	
02 Is there good lighting at the front and back doors, so steps and keyholes are easy to see after dark?	☐ Pass ☐ Risk ☐ N/A	
03 Are hallways clear of clutter, furniture and trailing wires?	☐ Pass ☐ Risk ☐ N/A	
04 Are door thresholds low and flat enough not to catch feet or a walking aid?	☐ Pass ☐ Risk ☐ N/A	
05 Is there somewhere safe by the door to put down keys, bags and parcels?	☐ Pass ☐ Risk ☐ N/A	
06 Is there a working smoke alarm on every floor, and is it tested regularly?	☐ Pass ☐ Risk ☐ N/A	

The living room

Living rooms are used all day, and familiar furniture and rugs can hide trip hazards. Clear walking routes and steady seating help someone move around safely.

Question	Status	Action needed / notes
07 Are loose rugs removed, or held down with a non-slip backing?	☐ Pass ☐ Risk ☐ N/A	
08 Is furniture arranged so there are wide, clear routes to walk through, with room for a walking frame if one is used?	☐ Pass ☐ Risk ☐ N/A	
09 Are chairs and sofas a good height, with firm armrests to help with standing up?	☐ Pass ☐ Risk ☐ N/A	
10 Are extension leads and TV cables kept along the skirting boards, not across walkways?	☐ Pass ☐ Risk ☐ N/A	
11 Are everyday things, such as the remote, phone and glasses, within easy reach of the main chair?	☐ Pass ☐ Risk ☐ N/A	

The kitchen

The kitchen brings together moving around, heat, heavy objects and spills. Keeping everyday things within easy reach makes it safer to keep cooking independently.

Question	Status	Action needed / notes
12 Are everyday items, such as crockery, tins, tea and coffee, stored between hip and chest height, so there's no need to climb or bend low?	☐ Pass ☐ Risk ☐ N/A	
13 Is the kettle light and easy to pour, switching itself off when it boils? Or is there a kettle tipper or hot water dispenser, so a full kettle doesn't need lifting?	☐ Pass ☐ Risk ☐ N/A	
14 Are floors kept dry, with spills wiped up straight away?	☐ Pass ☐ Risk ☐ N/A	
15 Are the cooker controls clearly marked and easy to reach, and is it easy to tell when the hob or oven is on?	☐ Pass ☐ Risk ☐ N/A	
16 Is there a fire blanket or a suitable fire extinguisher within easy reach of the cooking area?	☐ Pass ☐ Risk ☐ N/A	
17 If there's a gas cooker, boiler, fire or other fuel-burning appliance, is there a working carbon monoxide alarm in that room?	☐ Pass ☐ Risk ☐ N/A	

The bathroom

Wet, hard floors and stepping in and out of the bath or shower make falls more likely in the bathroom. A few simple fixtures can make it much safer.

Question	Status	Action needed / notes
18 Are grab rails fitted firmly by the toilet and by or in the bath or shower?	☐ Pass ☐ Risk ☐ N/A	
19 Is there a non-slip mat or non-slip strips in the bath or shower?	☐ Pass ☐ Risk ☐ N/A	
20 Is hot water to the bath and shower controlled by a thermostatic mixing valve, so it can't come out hot enough to scald? For vulnerable people in care settings, the Health and Safety Executive says bath and shower water should not be hotter than 44°C.	☐ Pass ☐ Risk ☐ N/A	
21 If getting up from a low seat is hard, is there a raised toilet seat or a toilet frame?	☐ Pass ☐ Risk ☐ N/A	
22 Is there a shower chair or bath seat, so washing can be done sitting down?	☐ Pass ☐ Risk ☐ N/A	

The bedroom

Getting up in the night means low light, tiredness and sometimes dizziness. A lit, clear route and a bed at the right height help prevent falls at night.

Question	Status	Action needed / notes
23 Is there a steady bedside lamp, or a motion-sensor night light, that can be reached without getting out of bed?	☐ Pass ☐ Risk ☐ N/A	
24 Is the bed a good height, so feet rest flat on the floor when sitting on the edge?	☐ Pass ☐ Risk ☐ N/A	
25 Is there a clear route from the bed to the toilet, with a light that's easy to switch on?	☐ Pass ☐ Risk ☐ N/A	
26 Is a phone, personal alarm (such as a pendant or lifeline alarm) or another way to call for help within reach of the bed?	☐ Pass ☐ Risk ☐ N/A	

Action plan

What to fix first

Start with the things that matter most, and note who will sort each one and by when.

Top priorities

This checklist is a general guide to common hazards at home. It isn't a professional assessment and doesn't replace advice from an occupational therapist, GP or other professional.

Provided by PalCare, care at home and private nursing across London. pal-care.co.uk · 020 3874 0693