



Home Risk Evaluation Checklist

This is a room by room checklist that you can use to determine which areas in your home need particular attention.

! For a full in-home safety check contact Next Stepz on safetycheck@nextstepz.com.au or call 0415334426

General Home



| | | | | |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|-------------------------|---------------------------|
| 1 | Is your address and telephone numbers written clearly so that they're easy to read and placed next to each telephone in the house? <i>In an emergency, its sometimes difficult to remember.</i> | <input type="radio"/> Y | <input type="radio"/> N | <input type="radio"/> N/A |
| 2 | Are you able to see the numbers on your telephone clearly? | <input type="radio"/> Y | <input type="radio"/> N | <input type="radio"/> N/A |
| 3 | Do you have rugs in your home? | <input type="radio"/> Y | <input type="radio"/> N | <input type="radio"/> N/A |
| | a Are the edges of the rug held down securely? | <input type="radio"/> Y | <input type="radio"/> N | |
| 4 | Do you have smoke detectors? | <input type="radio"/> Y | <input type="radio"/> N | <input type="radio"/> N/A |
| | a Have you had your smoke detectors checked? | <input type="radio"/> Y | <input type="radio"/> N | |
| | b Do you have one in every room? | <input type="radio"/> Y | <input type="radio"/> N | |
| | c Can you reach them to change the batteries when necessary? | <input type="radio"/> Y | <input type="radio"/> N | |
| 5 | Are the stairs inside and outside the home safe and well lit? | <input type="radio"/> Y | <input type="radio"/> N | <input type="radio"/> N/A |
| | a Are they free of clutter? | <input type="radio"/> Y | <input type="radio"/> N | |
| | b Do they have handrails on both sides? | <input type="radio"/> Y | <input type="radio"/> N | |
| 6 | Inside the house are there light switches at both the bottom and top of the stairs? | <input type="radio"/> Y | <input type="radio"/> N | <input type="radio"/> N/A |
| 7 | Can you unlock your doors easily? | <input type="radio"/> Y | <input type="radio"/> N | <input type="radio"/> N/A |
| 8 | Can you get to your mailbox easily? | <input type="radio"/> Y | <input type="radio"/> N | <input type="radio"/> N/A |

9 Are all electrical, telephone, and extension cords located where you won't trip over them?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

10 Is your hot water thermostat set below X degrees to prevent scalding?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

11 Are your windows easy to open?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

12 Are the lightbulbs sufficient to light high risk areas sufficiently eg kitchen.

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

13 Do chairs have armrests?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

In Your Kitchen



1 Can you reach items on higher shelves and cabinets without standing on a chair?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

2 Are cabinets easy to open?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

3 Do you have good lighting above stove and sink?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

4 Are all electrical appliances located away from sink and stove?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

5 Is the exhaust system on the stove working properly?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

In Your Living Room



1 Can you sit down and get up from your favourite chair easily?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

2 Are there any unstable pieces of furniture that could tip over and cause you to fall?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

3 Have you removed throw rugs and other seemingly harmless items that may actually be hazardous?

| | | |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Y | N | N/A |

Eg magazine rugs, electrical cords

In Your Bedroom



- 1 Are the nightlight, light switch, and telephone located near your bed?
 Y N N/A
- 2 Is your bed low enough so that your feet can easily reach the floor when you get up in the morning?
 Y N N/A
- a Do you worry about falling out of bed?
 Y N
- 3 Are there any obstacles between the bed and the bathroom that need to be removed, so that you don't bump into them when you get up at night?
 Y N N/A
- 4 Is there carpet or a well secured rug under the bed to provide warmth and protection if case you fall?
 Y N N/A

In Your Bathroom



- 1 Are there rails beside the toilet and in the shower to grab onto?
 Y N N/A
- 2 Are your bath mats or rugs held down securely?
 Y N N/A
- 3 Is there a nonskid surface in your bathtub?
 Y N N/A
- 4 Do you have a shower-hose extension for more flexibility?
 Y N N/A
- 5 Is there a fold-up bench or chair in your shower?
 Y N N/A

In Your Laundry



- 1 Is the Lint trap cleaned regularly?
 Y N N/A
- 2 Does the iron have an emergency cut off feature?
 Y N N/A

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