

Safe Steps Checklist



Use the following checklist as a guide that can help keep your family safe from slips and falls at home.

Learn more about actions you can take to keep your family safe in and around your home in Home Safety Council's Safety Guide including:

- Stairway Safety
- Bathroom Safety
- Ladder Safety



- ___ Are all stairs and steps protected with a secure banister or hand-rail?
- ___ Do you keep all stairwells, paths and walkways well lit?
- ___ Do you use nightlights to help light hallways and bathrooms during night-time hours?
- ___ Do you keep stairs, steps, landings and all floors clear of clutter and cords?
- ___ If you have very young children, do you use safety gates at the tops and bottoms of stairs?
- ___ Do you use a non-slip mat or have adhesive safety strips or decals inside bathtubs and showers?
- ___ Have you placed a bath mat with a non-skid bottom on every bathroom floor?
- ___ Have you installed grab bars in bath and shower stalls?
- ___ Do you keep floors clean by promptly wiping up grease, water and other spills?
- ___ Are throw rugs in your home placed over a rug-liner or do they have non-skid backs to reduce your chance of slipping?
- ___ Do you use a sturdy step stool with hand rails when climbing is necessary?
- ___ Have you installed window guards with emergency release mechanisms to prevent young children from falling out of upper windows?