

Project Independence

Sample page of safety checklist

(Adapted from S.E. Carter et al., 1997)

Name _____

HAZARD PRESENT = 1 HAZARD NOT PRESENT = 2 NOT APPLICABLE = 8

	Bedroom	Hallway	Lounge	Dining	Kitchen	Bathroom
<p>Poor lighting makes it hard to see tripping/slipping hazards (Turn on light, check the lighting. Do you have to strain to see around the room. Does the furniture cast shadows across the walkways? Is the lighting poor enough to cause this person to trip or fall? If the globe in the overhead light is less than 75 Watts or the globe on the table or bedside is less than 40 Watts, the lighting may be poor enough to cause this person to trip or fall)</p>						
<p>Lighting too bright, creates glare (Turn light on, check the lighting. Does the light reflect off a mirror, polished floor or other surface, making it difficult to see? Is the light too glarey? Is it likely to cause this person to trip or fall? If the globe is unshielded, is it greater than 75 watts.)</p>						
<p>Light switches which are hard to reach (Are the switches too high/low for the person? If there is more than one entrance in the room, is the switch handy or does the person have to walk across the room in the dark? Ask the person if the switch is easy to reach. Do they have to reach or bend to turn it off/on?)</p>						
<p>No night light/s (If lights are available, are they left on at night to aid vision?)</p>						
<p>Carpet/floor coverings in poor condition; torn, threadbare, not nailed down (Check the carpet in the room at the room entrance/s and where the person walks. Is the carpet ripped, torn, wrinkled, or not nailed down?)</p>						

The following hazards will be assessed using the above format to provide a standardized review of all living areas including outside areas. Descriptions of all situations will be provided to ensure that they are checked. Home examiners will be trained in home evaluation procedure. Page 2 of appendix has comprehensive list of hazards to be assessed. (Gill, et al. 1999, Steinberg, et al 2000)

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Environmental Hazards List

Home Hazards

- Dim/glare lighting
- Light switch placement
- Night lighting
- Medicine cabinet poorly lit
- Pathway obstruction
- Tripping hazards
- Loose rugs, runners, or mats
- Frequently used items stored in accessible places to avoid excessive reaching/bending
- Step stool not sturdy
- Table/s not sturdy, or moves easily
- Chair not sturdy, moves easily, or needs repair
- Use of low chair that makes it difficult to get out
- Toilet seat too low or unsteady
- Slippery surfaces
- Bathtub/shower surface slippery; nonskid mat or abrasive strips not present
- Grab bars not present in shower/tub
- Grab bars not available where needed
- Cupboard/shelves too high/low
- Taps hard to reach or turn on/off
- Chairs without armrests or with low backs
- Extension cords across walkways
- Unsafe electrical appliances
- Dials on stove difficult to see
- Glass doors not safety glass
- Proximity of toilet to living area

Stair Hazards

- Dim light, shadows, or glare
- Switches not at top and bottom
- Light not present or near stairway
- Handrail not present, not sturdy, or does not extend the full length of stairs
- Some steps narrower, higher, or lower than others (irregular heights, widths)
- Steps in need of repair; tread or carpeting loose
- No marking at edge of stair to provide visual feedback
- Excessive number of stairs that leads exceeds physical capacity

Outside Hazards

- Sloping, slippery, obstructed, or uneven pathways
- Area poorly lighted
- Areas slippery when wet
- Animals
- Participant identified hazards