



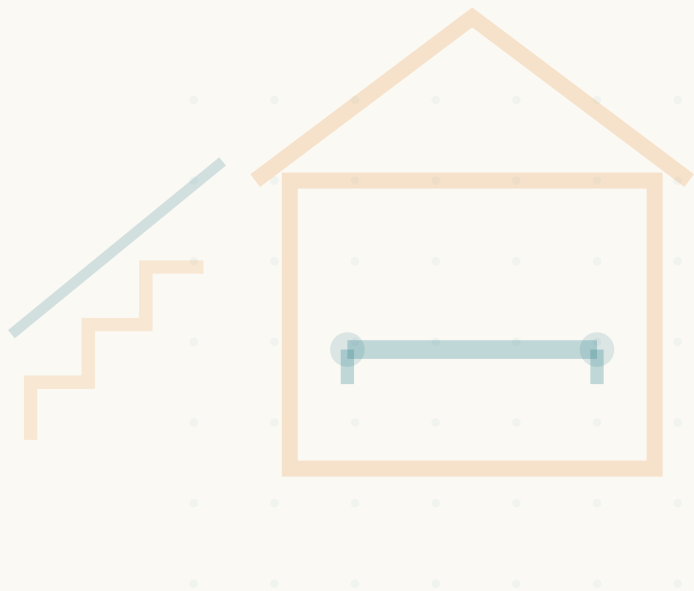
ARDENT WORKSHOP

AN ARDENT WORKSHOP PRODUCT

Home-Safety Walkthrough

The higher-risk checks to look for, room by room. Print and tick.

Free · from Ardent Workshop



The home-safety walkthrough

Print this, walk the house one room at a time, and tick a box for each check. These are the higher-risk checks — the falls and emergencies most worth catching — each with the reason it's on the list. Answer by looking, not by remembering: put a hand on the rail, step into the tub, open the bathroom door and see which way it swings. Anything you tick Needs work is somewhere to start. Once it's filled in, it's a picture of an older adult's home and its weak spots — keep your copy where you keep other private household papers.

Entrance & Exterior

What to check — and why	OK	Needs work	N/A
Steps up to the entry have a graspable handrail (one you can wrap a whole hand around) on at least one side Entry steps are walked alone, often carrying something, often with nobody else in the house. A rail gives a hand to catch.			
Entry steps are all the same height, with no broken, loose, or crumbling treads An uneven riser is the classic trip: the foot expects one height and meets another. It is also the cheapest thing on this list to fix.			
The path from the car or sidewalk to the door is firm, level, and free of cracks or heaving A settled slab or a lifted paver is a toe-catcher, and it is the stretch walked every single day, often carrying something.			
The entry is lit well enough to find the lock at night without a phone flashlight Fumbling for a keyhole in the dark means standing still on the steps with both hands busy. A motion light is an inexpensive fix.			
The threshold at the door is low or beveled, not a raised lip A raised threshold catches the toe on the way in and the walker wheel on the way out. Beveled threshold ramps are an off-the-shelf part.			
At least one entrance is step-free, or has room for a ramp to be added later A step-free way in is what makes the difference if a walker or wheelchair ever enters the picture — and knowing now whether there is room for a ramp changes the plan.			

Hallways & Stairs

What to check — and why	OK	Needs work	N/A
Stairs have a graspable handrail (one you can wrap a whole hand around) running the full length, top to bottom A rail that stops short leaves the hand with nothing exactly where the last step is. Full length, or it is not doing its job.			
There are handrails on both sides of the stairs One rail helps going down; two help in both directions and give a second chance if a hand slips.			
Stair treads are even, with no worn, loose, or curling carpet A lifted carpet edge on a stair is the worst combination on this list: a trip hazard at the top of a fall.			
Stairs and hallways have light switches at both ends A switch at only one end means walking a dark hallway or a dark flight to reach the other one.			
Nothing is stored on the stairs, even temporarily The pile waiting to go up is on the step exactly where a foot lands, and it is the step nobody looks at.			

Living Areas

What to check — and why	OK	Needs work	N/A
Loose rugs are removed, or fixed down with non-slip backing or tape Throw rugs slide, they curl, and they catch a toe — and removing one costs nothing.			
Walking paths are clear of cords, magazine racks, footstools, and low furniture The low, dark obstacle below the line of sight is the one that gets caught — especially on the path walked half-asleep.			
There is at least one firm chair with arms to push up from A deep soft sofa is very hard to stand up from, and the attempt often ends in a stagger. One firm chair with arms changes the room.			
A phone or way to call for help is reachable from a seated position The point is a fall that happens when nobody is home. If the phone is across the room, it may as well be outside.			

Kitchen

What to check — and why	OK	Needs work	N/A
Everyday dishes, pans, and food are reachable without a step stool The reach for the everyday plate happens several times a day. Moving that shelf down is free and removes the repetition.			
There is a fire extinguisher within reach of the kitchen, and it is in date A pan fire is over in a minute, one way or the other. The extinguisher two rooms away is not part of that minute — and it wants to be somewhere you can reach without leaning over the stove.			

Bathroom

What to check — and why	OK	Needs work	N/A
There is a grab bar beside the toilet, anchored into studs or solid blocking Getting up from a toilet is a push-up from a low seat, done many times a day. A towel bar or a sink edge is not a grab bar and will come off the wall.			
There is a grab bar in the tub or shower, anchored into studs or solid blocking Stepping over a tub wall means standing on one wet foot, mid-turn, with nothing solid to hold. It is the bar we would argue hardest for.			
The tub or shower floor has a non-slip surface, not just a worn factory finish A tub's molded texture wears smooth over years and stops working long before it looks worn. Strips or a mat are inexpensive.			
The mat outside the tub has a non-slip backing and lies flat A bath mat on a hard floor, stepped on with a wet foot, is a skid — the classic bathroom fall that is entirely preventable.			
There is a shower seat, or room to add one Standing through a shower is a balance task done wet, warm, and with eyes closed to rinse. A seat removes all of it.			
The toilet is comfort height (seat roughly 17-19 in., against about 15 in. on a standard one), or a riser is fitted A low toilet turns every visit into a deep squat. Risers are a cheap, tool-free fix that need no contractor.			
The bathroom door opens outward, or can be unlocked from the outside If someone falls against an inward-opening door, it cannot be opened to reach them — a serious problem, and one nobody thinks about until it happens.			
There is a lit path from the bedroom to the bathroom at night The night trip to the bathroom is made half-asleep, in the dark, often in a hurry. It is the lighting we would spend the first twenty dollars on.			

Bedroom

What to check — and why	OK	Needs work	N/A
A lamp or light can be reached from the bed without getting up Getting out of bed to reach a light means standing up in the dark — and standing up quickly is when many people feel lightheaded.			
The bed height lets both feet rest flat on the floor when sitting on the edge A bed that is too high means sliding down onto the feet; too low means hauling up off it. Either is a stagger.			
There is a clear, unobstructed path from the bed to the bedroom door This is the path walked in the dark more than any other in the house, and the one most likely to have shoes on it.			

Laundry & Utility

What to check — and why	OK	Needs work	N/A
Laundry is on the main floor, or there is a plan for when stairs get hard Carrying a full basket down stairs means no free hand for the rail and no view of the steps. It is the chore people keep doing long past when they should.			
Basement or utility stairs have a handrail and a light switch at the top Basement stairs are usually the steepest, worst-lit, and least-maintained flight in the house, and often the only one with no rail.			

Whole Home

What to check — and why	OK	Needs work	N/A
There are working smoke alarms on every level and outside every sleeping area This is the check that is not about falls. Alarms are the difference between waking up and not, and testing them takes a minute.			
There are carbon monoxide alarms near sleeping areas, if there is gas, fuel, or an attached garage Carbon monoxide has no smell and its early symptoms look like ordinary tiredness or confusion — which is exactly why it needs a detector, not a nose.			
Alarms have sealed 10-year batteries, or a test date you actually record The chirping alarm with the battery pulled out is the reason sealed units exist: they remove both the ladder trip and the temptation.			
There is a way to call for help from the floor — a medical alert, or a phone that is always carried Everything else on this list reduces the chance of a fall. This is the one that decides how long someone lies there afterward.			
Extension cords do not run under rugs or across any walkway A cord across a path is a trip hazard; a cord under a rug is also a fire risk, hidden where nobody will see it fray.			
Someone nearby has a key, or there is a lockbox for emergencies If nobody can get in, help waits outside for a locksmith or breaks a door — both cost time that matters.			

THIS IS THE WALK — THE FULL PLANNER IS THE PLAN

This checklist is the higher-risk checks. The Aging-in-Place & Home-Safety Modification Planner is the whole system: all 62 checks scored by severity, your rooms ranked worst-first, and every fix ranked by safety gained per dollar — so, for example, \$25 non-slip strips rise above an \$8,500 walk-in shower — plus a contractor-quote tracker, a budget, and a live dashboard, across a 10-tab workbook (Excel, Google Sheets & LibreOffice) and three guides. [Get it at ardentworkshop.com](https://ardentworkshop.com) >

A planning aid you keep — not medical, occupational-therapy, legal, or building-code advice, not a safety certification or an inspection, and not a substitute for a professional. The checks draw on public home fall-prevention guidance (the CDC's Check for Safety checklist, the National Institute on Aging, and AARP's HomeFit Guide); they are not exhaustive and cannot see your home. For an assessment of a specific person in a specific home, ask a doctor for a referral to an occupational therapist. © Ardent Workshop LLC — free to use; please don't resell or redistribute.