

Living & bedroom areas checklist

Answer **yes** or **no**

	yes	no	if 'no' needs action
1. Do your carpets and mats lie flat without wrinkles or curled edges?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are floors clutter free?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are your lights bright enough for you to see clearly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Is your telephone within easy reach and do you have a telephone extension at floor level?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Can you turn on a light before you get out of bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Are stairs well lit? Is there a light switch at both the top and bottom of stairways?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do the stairs have a handrail?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Make sure you know where your cats and dogs are. They can be a trip hazard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Suggestions

- Remove all loose mats and rugs or ensure they are firmly secured with slip-resistant backing. Make sure there are no cords across walkways
- Rearrange furniture to provide easy access to room entrances and exits
- At least 75 watt globes are recommended in all rooms (note: some light fittings take a maximum of 60 watts)
- Cordless telephones allow you to keep your telephone handy wherever you are. A phone at floor level could save your life after a fall
- Have a light or torch within reach of your bed. Consider a touch lamp or night light
- Make sure there are handrails on at least one side of all stairways
- Place a bell on your pet's collar so you know where it is

