

Community Fall Prevention Program

Home Safety Checklist

| | | |
|----------------------|----------------------|--------------|
| Patient Name: | Completed By: | Date: |
|----------------------|----------------------|--------------|

| All rooms in the home: | Yes | No | Do Not Know | Does Not Apply |
|--|-----|----|-------------|----------------|
| Can you turn on a light without walking into a dark room? | | | | |
| Are passage ways free from objects and clutter (papers, furniture, etc.)? | | | | |
| Are lamp, extension or phone cords out of the flow of foot traffic? | | | | |
| Do carpets and rugs lie flat? | | | | |
| Are curtains and furniture at least 12 inches from heat sources in the home? | | | | |
| Do you have working smoke detectors in the home? | | | | |
| Do you have a working fire extinguisher in the home? | | | | |
| Do all entrances in your home have outdoor lights? | | | | |
| Are walkways to your entry free from cracks and holes? | | | | |
| Do you have a landline or cell phone with emergencies nearby or programed? | | | | |
| Do you have a lighted path to your restroom at night? | | | | |
| Is your hot water temperature set to 120 degrees or less? | | | | |
| Do you have an emergency exit plan in case of fire? | | | | |

| Kitchen: | Yes | No | Do Not Know | Does Not Apply |
|---|-----|----|-------------|----------------|
| Are your stove controls easy to see and use? | | | | |
| Can you easily reach regularly used items without climbing to reach them? | | | | |
| Do you have a step stool that is sturdy and in good repair? | | | | |
| Do you regularly clean the oven hood to prevent grease fires? | | | | |

| Bathroom: | Yes | No | Do Not Know | Does Not Apply |
|---|-----|----|-------------|----------------|
| Does your shower or tub have a non-skid surface, decals, or abrasive strips? | | | | |
| Does the tub/shower have a sturdy grab bar installed? (Not just a towel rack) | | | | |
| Does the floor have non-slip surfaces and/or rugs with non-skid backing? | | | | |
| Are you able to get on and off the toilet easily? | | | | |

| Stairways | Yes | No | Do Not Know | Does Not Apply |
|--|-----|----|-------------|----------------|
| Is there a light switch at both the top and bottom of the indoor stairs? | | | | |
| Can you easily see the outline of each step with the light on? | | | | |
| Do all stairways have sturdy handrails on both sides? | | | | |
| Do handrails run the full length of the stairs, slightly beyond the steps? | | | | |

Are there any other hazards or unsafe areas in your home not mentioned in this checklist that you are concerned about? _____

Patient consents to sharing this information with other service providers.

Suggested corrections (please also see reverse):

- | | | |
|---|--|--------------------------------|
| <input type="checkbox"/> Install grab bars (list of suggested handyman provided). | <input type="checkbox"/> Get non-skid rugs or carpet. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clear pathways. | <input type="checkbox"/> Get adhesive strips for tub/shower. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Change smoke alarms batteries. | <input type="checkbox"/> Install lights at entry ways. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> | <input type="checkbox"/> Get a working fire extinguisher. | <input type="checkbox"/> _____ |

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Room Detail: For specific notes on certain rooms please use the boxes below.

| Room Description/Additional Comments <i>(Example: Master bedroom, basement, bathroom 1 downstairs, etc.)</i> | Observations/Suggested Corrections |
|--|---|
| Room/Area 1: | |
| Room/Area 2: | |
| Room/Area 3: | |
| Room/Area 4: | |
| Room/Area 5: | |
| Room/Area 6: | |
| Room/Area 7: | |
| Room/Area 8: | |
| Room/Area 9: | |
| Room/Area 10: | |

Community Fall Prevention Program

Licensed Contractor List

**Licensed contractors servicing the Gualala, Point Arena,
Manchester, Annapolis & Sea Ranch Areas**

This list of licensed contractors has been prepared by the Community Fall Prevention Program as a courtesy. Inclusion in this list does not constitute a recommendation of any of the contractors shown, nor can the Community Fall Prevention Program vouch that the information provided is accurate.

| Company Name: | Contact Name: | License # | Phone: |
|------------------------------|----------------------|------------------|---------------|
| Apple Construction | John Seed | 534941 | 707-785-2570 |
| Buechner Construction | Bob Buechner | 766825 | 707-884-5079 |
| Clark Construction | Mark Clark | 805796 | 707-884-9026 |
| Cornerstone Construction | Mike Simila | 768960 | 707-884-4515 |
| DelMar Construction | Joe Schmitz | 512784 | 707-884-1828 |
| Don's Construction | Don Teutsch | 453322 | 707-882-2547 |
| Estrada Construction | Ricardo Estrada | 814539 | 707-884-1454 |
| H&H Contractors | Jeff Heenan | 876471 | 707-884-5010 |
| J. Schmidt Construction Inc. | John Schmidt | 883761 | 707-684-0568 |
| Kirby Construction | Mitch Kirby | 488313 | 707-884-3416 |
| Maul Construction | Martin Maul | 540537 | 707-292-7690 |
| Melia Construction | Bud Melia | 691607 | 707-882-2909 |
| Ridge Construction | Mike Starr | 394539 | 707-884-5078 |
| Sam Parsons Construction | Sam Parsons | 803307 | 707-684-0098 |
| Smith & Co. | Steve Smith | 564436 | 707-785-2101 |
| Warner Construction Concepts | Gregg Warner | 566637 | 707-884-4322 |