

Home Safety & Balance Checklist

A free one-page-at-a-time walk-through to help make your home safer and steadier.

Based on CDC STEADI 'Check for Safety' guidance (cdc.gov/steady). General information, not medical advice.

Floors and stairs

- ☐ Remove throw rugs or secure them with double-sided tape
- ☐ Keep walkways clear of cords, papers, and shoes
- ☐ Handrails on both sides of stairs
- ☐ Bright lights at the top and bottom of stairs, with switches at both ends

Kitchen

- ☐ Everyday items on lower shelves (about waist level)
- ☐ Use a sturdy step stool with a bar, never a chair

Bathroom

- ☐ Non-slip mat in the tub or shower
- ☐ Grab bars inside the tub and next to the toilet

Bedroom

- ☐ Lamp within reach of the bed
- ☐ Night-lights along the path to the bathroom

You

- ☐ Ask your doctor or pharmacist to review your medicines

- ☐ Have your eyes checked at least once a year
- ☐ Do strength and balance activities
- ☐ Wear supportive, non-slip shoes at home

Want a gentle home routine? See the **Gentle Strength & Balance 4-Week Plan** at yearsaheadliving.com.