ROCK STEADY
REMODELING & CONTRACTING

# Home Safety Checklist

A room by room walk-through you can do today

## Getting in and out

- [ ] Steps and walkways are solid, even, and free of cracks or loose boards.
- [ ] Handrails feel tight and run where a hand naturally reaches.
- [ ] The entry has bright light for early mornings and evenings.
- [ ] There is a plan for ice, snow, and wet leaves at the main entry.

## Bathroom

- [ ] Grab bars are mounted solid, not suction cupped to tile.
- [ ] The tub or shower entry does not require a high step over.
- [ ] The floor has grip when wet, and loose bath mats are gone.
- [ ] Night lighting reaches from the bed to the bathroom.

## Moving through the home

- [ ] Walkways are clear of cords, clutter, and loose rugs.
- [ ] Stairs have a rail, good light, and a light switch at both ends.
- [ ] Doorways and halls allow the mobility equipment actually used.
- [ ] Furniture placement leaves a clear path to every exit.

## Kitchen and daily living

- [ ] Everyday items sit between knee and shoulder height.
- [ ] The stove area has room to move without turning in a tight space.
- [ ] Smoke and carbon monoxide alarms are present and tested.
- [ ] A phone or alert device is reachable from the floor after a fall.

**Want a trained eye on it? Book a Home Safety Assessment.**
The $195 visit is credited toward work booked within 60 days.
Rock Steady Remodeling, Lansing, Michigan. Call (616) 389-0631.