

Home Safety Assessment Checklist

From improving lighting and removing trip hazards to considering safer bathing solutions like a Safe Step Walk-In Tub or Walk-In Shower, thoughtful updates can make a meaningful difference.

Use this room-by-room home assessment checklist to spot aging-in-place risks.



Bathroom

- ☐ Grab bars are securely anchored to wall studs.
- ☐ Floors, tubs and showers have non-slip surfaces.
- ☐ The water heater is set to 120°F.

Consider calling a professional:

Your loved one struggles to step over the tub wall or is bathing less often. A Safe Step safety consultant will evaluate your bathroom to determine if a [walk-in tub](#) or [shower](#) is right for them. As part of their consultation, they study your bathroom space and layout, take measurements and evaluate the water heater capacity and electrical system.

Hallways & Stairs

- ☐ Handrails extend the full length of the stairs.
- ☐ Stairs and hallways have adequate nighttime lighting.
- ☐ Stairs are clear of stored items and clutter.

Consider calling a professional:

Your loved one pauses on the stairs or pulls themselves up using the banister. A contractor can add handrails or lighting, and a Safe Step safety consultant can help determine if a [stairlift](#) is right for their needs.



Entryway & Exterior

- ☐ Handrails are installed on both sides of steps.
- ☐ Motion-sensor or adequate exterior lighting is in place.
- ☐ Walkways are level and free of cracks or other hazards.

Consider calling a professional:

Your loved one avoids the front steps and regularly uses a side or garage entrance instead. A contractor can install handrails, ramps or other accessibility improvements.

Bedroom

- ☐ The bed is an appropriate height, with knees roughly level with hips and feet flat on the floor when sitting on the edge.
- ☐ The path from the bed to the bathroom is clear.
- ☐ A lamp, light switch or other easy-access lighting is within reach of the bed.

Consider calling a professional:

Your loved one has started sleeping in a recliner or moved to the main floor. An aging-in-place specialist can recommend changes to make the bedroom easier to access and use, such as creating a bedroom on the ground floor.



Kitchen

- ☐ Everyday items are stored between waist and shoulder height.
- ☐ Task lighting adequately illuminates counters and work areas.
- ☐ Floors are kept dry and free of slipping hazards.

Consider calling a professional:

Your loved one uses a step stool or chair to reach frequently used items. A contractor can add pull-out drawers, extra lighting or lower countertops to make everyday items and workspaces easier to access.

Living Areas

- ☐ Throw rugs are removed or securely fastened.
- ☐ Cords are routed away from walking paths.
- ☐ A firm chair with arms is available for easier sitting and standing.

Consider calling a professional:

Your loved one needs to rock forward several times to stand from a chair. An occupational therapist can recommend seating options that make sitting and standing easier, such as a [power lift recliner](#).



Laundry, Basement & Garage

- ☐ Stairs have adequate lighting.
- ☐ The bottom step is clearly marked with contrasting tape or another visual cue.
- ☐ Stairs are free of stored items and clutter.

Consider calling a professional:

Your loved one regularly carries laundry or other bulky items up and down stairs. A Safe Step safety consultant can help determine whether a [cargo lift](#) is the best option to keep their hands free and reduce stair-related risks.

Explore Our Home Safety Solutions



[Walk-In Tub](#)



[Walk-In Shower](#)



[Stairlift](#)

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