

The first-visit quick check.

Ten observations. One agreed next step. Tick only after checking together; a tick is not a clinical safety score.

Date: _____ Checked with: _____

- 01 ☐ Everyday walking routes are clear of bags, shoes, boxes, and loose cords.
- 02 ☐ Loose rugs, curling corners, and changes in floor level have been checked.
- 03 ☐ Bathroom floors and the bath or shower surface have been checked for slipping hazards.
- 04 ☐ The need for properly installed grab bars has been discussed.
- 05 ☐ The route from bed to bathroom has usable lighting.
- 06 ☐ The floor beside the bed and the bathroom route are clear.
- 07 ☐ Stairs, steps, and entrances are clear of stored items.
- 08 ☐ Handrails and step surfaces have been checked for loose or damaged parts.
- 09 ☐ Frequently used items are stored without needing to climb or overreach.
- 10 ☐ Main rooms have working, accessible lights without obvious glare.

First action / owner / follow-up date:

Before you leave

Keep unresolved checks open. Ask permission before making changes. Use the full workbook for repairs or professional questions.

Based on CDC and Mayo Clinic home-safety guidance; family planning prompts are editorial tools, not a clinical assessment. See the full workbook for source links.

CDC / Check for Safety

Mayo Clinic / Fall prevention