



SENIOR CITIZENS SAFETY CHECKLIST

A Comprehensive Guide to Preventing Accidents at Home



INSTRUCTIONS FOR USE

- Use this checklist as a gentle reminder, not as a source of fear
- Tick items that are already being followed
-  Put a **warning mark** next to items that need attention
-  Review this list periodically with family members

SECTION A: BATHROOM & PERSONAL HYGIENE



- Safety Practice
- Sit while changing undergarments or pants –
Never stand while stepping in and out of clothes
- Use a shower stool/chair – Avoid standing for entire bath duration
- Install non-slip mats inside and outside the shower area
- Avoid bathtubs completely – Climbing in/out is high risk
- Wear non-slip, closed-toe bathroom slippers
- Never lock the bathroom door from inside –
Use an "occupied" sign instead
- Install grab bars near toilet and shower area
- Keep daily-use items at waist level – Avoid reaching up or bending down
- Use a raised toilet seat if needed for easier sitting/standing



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SECTION B: KITCHEN & DAILY CHORES



Safety Practice

✓ Never stand on chairs or stools to reach upper cabinets

✓ Keep frequently used items in lower cabinets (waist level)

✓ Use a reacher/grabber tool for items on high shelves

✓ Avoid carrying heavy vessels or water pots – Use smaller containers

✓ Never rush to attend to pressure cooker or boiling milk – Stay calm, move slowly

✓ Wear non-slip rubber-soled footwear while mopping or in wet areas

✓ Use a high stool or chair in kitchen to rest while cooking

✓ Never attempt to clean high fans, light fixtures, or AC units – Hire a professional

✓ Keep one hand free while walking – Avoid carrying too many items at once



SECTION C: BEDROOM & DRESSING



Safety Practice

✓ Always sit while putting on pants, socks, or footwear

✓ Use a long-handled reacher to pick up items from floor – Avoid sudden bending

✓ Get out of bed slowly – Sit up, dangle legs for a moment, then stand



✓ Install night lights in bedrooms, hallways, and bathrooms

✓ Keep pathways clear of clothes, shoes, and clutter

✓ Ensure bed height is appropriate – Easy to get in and out of



✓ Install night lights in bedrooms, hallways, and bathrooms

✓ Keep pathways clear of clothes, shoes, and clutter



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SECTION D: BALCONY & OUTDOOR AREAS

Safety Practice

- ✓ Never lean over balcony railings – Stay well behind the railing at all times



- ✓ Avoid using ladders of any kind (step, aluminium, wooden) – This is the most dangerous activity



- ✓ Never step onto wet or freshly mopped balconies – Moss and water make tiles extremely slippery

- ✓ Keep balcony clear of clutter – No tripping hazards

- ✓ Ensure balcony railings are sturdy and of proper height



- ✓ Avoid going out in extreme heat or cold – Weather extremes can cause dizziness.

- ✓ Use a long-handled tool for watering plants – Avoid reaching out



SECTION E: STAIRS & MOBILITY



Safety Practice

- ✓ Never carry items while using stairs – Keep both hands free for railings.



- ✓ Avoid stairs completely if feeling dizzy or weak

- ✓ Install railings on both sides of staircase



- ✓ Mark edges of steps with contrasting tape for better visibility

- ✓ Never rush to answer doorbell or phone – Walk calmly



- ✓ Wear properly fitted, non-slip footwear at all times – Avoid loose chappals/slippers

- ✓ Use walking stick or walker if needed – Pride is not worth a fall



SECTION F: HEALTH & MEDICATION AWARENESS



Safety Practice

✓ Never ignore sudden dizziness, weakness, or blackouts – Seek immediate medical attention

✓ Ask doctor about side effects of new medications – Some cause drowsiness or dizziness

✓ Get regular health checkups – BP, sugar, heart, vision, and balance checks

✓ Stand up slowly from sitting or lying position – Prevent sudden BP drop

✓ Stay hydrated – Dehydration can cause dizziness and falls

✓ Review all medications with doctor periodically – Some combinations increase fall risk

✓ Use walking stick or walker if needed – Pride is not worth a fall



SECTION G: HOME MODIFICATIONS & GENERAL PRECAUTIONS



Safety Practice

✓ Install grab bars in bathrooms and near toilets

✓ Remove loose rugs and carpets – They are major tripping hazards

✓ Keep electrical cords tucked away –
Not across walkways



✓ Ensure adequate lighting throughout the home –
Especially staircases and hallways

✓ Avoid wearing reading glasses while walking
Use distance glasses for mobility



✓ Save risky tasks for when someone is at home –
Don't do them alone

✓ Keep emergency numbers handy on phone and
near landline



✓ Consider a medical alert system or wearable
alert device

✓ Accept help gracefully – Independence is
important, but safety comes first



EMERGENCY CONTACTS



Contact Phone Number

Nearest Family Member

Neighbour

Doctor

Hospital

Ambulance



IMPORTANT REMINDER



“Most accidents happen in familiar surroundings during routine tasks. Awareness and caution are the best defences.”

Life is precious. A moment of carelessness can change everything. 💔

Share this checklist with every senior citizen you know. One life saved is worth it. 💔