

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



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



TeetamGuru

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



TeeyanGuru

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



TeenvGuru

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



TeevanGuru

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



TeenvGuru

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. 💔