



Yes No

Do you have at least one smoke alarm on every level of your home, outside each sleeping area, and inside each bedroom?

Have smoke alarms installed for each of these areas. Make sure alarms are interconnected so that when one sounds they all sound. If you are deaf or hard of hearing, special alarms are available.

Yes No

Do you test your smoke alarms monthly?

Have someone test your smoke alarms once a month by pushing the test button. Batteries should be changed at least once a year or whenever the alarm “chirps” to tell you that the battery power is low. Replace all smoke alarms when they are 10 years old.

Yes No

If there was a fire in your home, would you know how to get outside?

In a fire, get outside as quickly as you can and stay outside. Once you have escaped a fire, call the fire department from a neighbor’s phone or a cell phone.

Yes No

Do you know two ways out of every room?

If possible, know two ways out of every room in your home and two ways out of the home. Make sure windows and doors open easily. Windows with security bars, grills, and guards should have emergency release devices. Make sure furniture and other heavy objects are not blocking your exits. If you must escape through smoke, stay low and go under the smoke to your way out.

Yes No

Have you included anyone with a disability in your home in your escape planning and determined what assistance they would need to get out in an emergency?

Include everyone in your home in the planning process. Develop your escape plan for their abilities. Practice the plan at least twice a year both during the day and at night.

Yes No N/A

Have you provided smoke alarms and alert devices (strobe lights or bed/pillow shakers) for people in your home who are deaf or hard of hearing?

Smoke alarms and alert devices are available for people who are deaf or hard of hearing. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. A high-intensity strobe light along with a pillow/bed shaker can wake them up and alert them to fire conditions so they can escape. Smoke alarm alert devices also are available for people who are hard of hearing. These accessories, which are activated by the sound of the smoke alarm, produce a loud, mixed low-pitched sound. People who are hard of hearing also may find a pillow/bed shaker helpful in waking them up.

Yes No

Do you know the emergency number to call in case of fire?

Memorize this number. It may be 9-1-1 or the fire department’s phone number. Once you escape, you will need to call from a neighbor’s phone or a cell phone.

Yes No

Do you have a telephone in your bedroom?

Have a telephone in your bedroom or close to where you sleep and post the local emergency number nearby in case you are trapped by smoke or fire.

Yes No

Do you have a medical alert button?

Consider having this device for access to help in an emergency.

Yes No

Do you have carbon monoxide alarms in your home?

Install a carbon monoxide alarm outside each sleeping area and on every level of your home. Test the alarms monthly. If you cannot reach the alarm safely, ask for help.



Yes No

Do you exercise regularly?

Regular exercise builds your strength and improves your balance and coordination. Ask your doctor about the best physical exercise for you.

Yes No

Do you take your time getting up to answer the phone or doorbell?

Being rushed or distracted increases your chance of falling. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Yes No

Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?

Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other piles of stuff.

Yes No

In winter, are sidewalks, outdoor steps, and walkways clear of ice and snow?

Keep the walkways clear. If needed, ask for help with snow and ice removal.

Yes No

Have you had your eyes checked?

See an eye specialist once a year. Poor vision can increase your chance of falling.

Yes No

Do you have nightlights along the path between your bedroom and the bathroom?

Use nightlights to light the path between your bedroom and the bathroom.

Yes No

Do you turn on the lights before you use the stairs?

Stairways should be well lit from both the top and the bottom. Turn on the lights before using the stairs.

Yes No

Does every room have a light switch that can be reached from the doorway?

Make sure you can reach light switches from the doorway. Ask for help installing new light switches.

Yes No

Are there non-slip mats in and outside bathtubs and showers?

Use non-slip bath mats in the bathtub and on shower floors.

Yes No

Do you have grab bars in tubs, showers, and near all toilets?

Grab bars should be installed in all bathrooms. Never use a towel rack or shower rod for support.

Yes No

Do you wipe up spilled liquids right away?

Wipe up spilled liquids immediately. Even a few drops of liquid or grease can be a slipping hazard.

Yes No

Do your throw rugs have rubber, non-skid backing?

Use only throw rugs that have rubber, non-skid backing. Smooth out all wrinkles and folds in carpeting.

Yes No

Is your carpeting in good condition?

Make sure carpeting is not wrinkled, torn, or worn. If it is, ask for help repairing or replacing the carpeting.

Yes No

Are there sturdy, easy-to-grip handrails on both sides of the stairs?

Have easy-to-grip handrails installed along the full length of both sides of the stairs.

