

Home Safety Checklist

When returning home from surgery, particularly after a hip or knee replacement surgery, it is important that you can maneuver safely from room to room.

To ensure safety from a fall, check the rooms in your home for these items:

General

- There is no furniture or clutter blocking walking areas.
- All electrical cords are secured and out of the way of walking areas.

Lighting

- There is plenty of lighting in each room, hallways, stairways.
- There are night lights in bedrooms, bathrooms and hallways.

Flooring

- Throw/area rugs are tacked down or put away.
- No-wax cleaners have been recently used on the floors.

Bathroom

- There are grab bars in the tub or shower and by the toilet.
- There are non-slip strips or a non-slip mat on the floor of shower.

Kitchen

- Items used often are at waist level.
- Only light weight items are stored on higher shelves.

Children and Pets

- Educate children how to interact with you in a way that insures their safety and yours.
- Take steps to insure that pets do not jump or bump you while you are walking.

Gather Supplies

- Mobility aids (such as crutches, walker).
- A comfortable chair with arms.
- A raised toilet seat.
- A shower chair or tub bench.
- Groceries or prepared meals.
- Gauze or bandages.