

<b>Floors</b>		<b>Yes</b>	<b>No</b>
1	Do your carpets and mats lie flat without wrinkles or curled edges?		
2	Do loose mats have a slip-resistant backing?		
3	Do you clean up spills as soon as they occur?		
4	Are floors free of clutter?		
5	Are all cords safely away from passageways and walkways?		
6	Are floor surfaces non slip?		
7	If you have pets, are they kept away so that they don't get under your feet or lie in passageways?		

<b>Bathroom and toilet</b>		<b>Yes</b>	<b>No</b>
1	Do you use slip-resistant mats in the bathrooms?		
2	Is the soap, shampoo and towel within easy reach so you don't have to bend or reach too far?		
3	Are you able to get out of the bath or shower without holding on to taps or towel rails?		
4	Do you have handrails in the bath and shower?		
5	Can you easily get on and off the toilet seat?		
6	Are you able to walk directly into your shower without stepping over a raised edge?		
7	Is your bathroom floor non-slip when wet?		

<b>Stairs, steps and ladders</b>		<b>Yes</b>	<b>No</b>
1	Are you able to see the edges of the steps clearly?		
2	Are stairs and steps well lit?		
3	Is there a light switch at top and bottom of stairs?		
4	Are non-skid treads or paint used on the edges of each step?		
5	Are floor coverings on steps in good condition?		
6	Do the steps have a sturdy handrail?		
7	Is your stepladder or step-stool short and sturdy with anti-slip feet?		

<b>Kitchen</b>		<b>Yes</b>	<b>No</b>
1	Can you easily reach kitchen items you use regularly without climbing, bending or upsetting your balance?		
2	Is there good lighting over work areas?		
3	Do you mop up spills immediately?		
4	Is there good ventilation to reduce the risk of spectacles fogging?		

<b>Bedroom</b>		<b>Yes</b>	<b>No</b>
1	Are you able to turn on a light easily before you get out of bed?		
2	Can you easily get in and out of your bed?		
3	Do you have a telephone in the bedroom?		
4	Is your electric blanket cord safely secured so you don't trip? Is the control easy to reach from the bed?		
5	Is your bedspread made without a looped fringe?		
6	If you use walking aids, are they easy to reach before you get out of bed?		

<b>Lounge room</b>		<b>Yes</b>	<b>No</b>
1	Can you get in and out of your lounge chair easily?		
2	Are all cords, furniture and clutter kept away from walkways?		
3	Is your furniture placed so that you don't have to stretch or lean too far to open windows?		

<b>Outside your house</b>		<b>Yes</b>	<b>No</b>
1	Are the edges of steps clearly marked?		
2	Do step edges have an adhesive non-slip strip?		
3	Do steps have a sturdy, easy-to-grip handrail?		
4	Are the paths around the house in good repair?		
5	Are the paths and entrances well lit at night?		
6	Is the garden kept free of hazards (e.g. tools, hoses)?		
7	Are your garage floors free from grease and oil?		
8	Are the public areas around your house in good repair?		