



Shepherd Center

## Worksheet: Safety Checklist

Please complete the following **Safety Checklist** to see just how safe your home is for a person who has recently experienced a brain injury.

Criteria	Yes	No
Are heavy traffic areas free from clutter, well lit and free from loose throw rugs?		
Has the thermostat on the hot water heater been lowered to 120 degrees?		
Are the car keys and other keys that start things placed out of reach and in a safe place?		
Are all guns, knives and other weapons locked up?		
Are all medicines and poisonous chemicals safely stored? (even things in the garage, basement, etc.)		
Have you checked the fire alarms and extinguishers to make sure they are working?		
Do you have a plan for evacuation in case of an emergency? Have you practiced it?		
Have you checked for any fire hazards in the house?		
Do you have a first aid kit in the house?		

Is there a nonskid mat in the shower & tub?		
Are all locks removed from the bathroom doors?		
Are outdoor walkways free from clutter and well lit?		
<p>Have you contacted the fire and police departments and given them the necessary information related to your family member with the brain injury?</p> <p>(Include physical/cognitive barriers in these discussions.)</p>		
Are emergency contact numbers posted by the phone?		
Do you have a working flashlight in case of power outage?		
Do you have a working telephone? A corded phone is strongly recommended as a back-up		
Are commonly used items (bathroom, kitchen, bedroom) within reach?		