

# Community Fall Prevention Program

## Home Safety Checklist

<b>Patient Name:</b>	<b>Completed By:</b>	<b>Date:</b>
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<b>All rooms in the home:</b>	Yes	No	Do Not Know	Does Not Apply
Can you turn on a light without walking into a dark room?				
Are passage ways free from objects and clutter (papers, furniture, etc.)?				
Are lamp, extension or phone cords out of the flow of foot traffic?				
Do carpets and rugs lie flat?				
Are curtains and furniture at least 12 inches from heat sources in the home?				
Do you have working smoke detectors in the home?				
Do you have a working fire extinguisher in the home?				
Do all entrances in your home have outdoor lights?				
Are walkways to your entry free from cracks and holes?				
Do you have a landline or cell phone with emergencies nearby or programed?				
Do you have a lighted path to your restroom at night?				
Is your hot water temperature set to 120 degrees or less?				
Do you have an emergency exit plan in case of fire?				

<b>Kitchen:</b>	Yes	No	Do Not Know	Does Not Apply
Are your stove controls easy to see and use?				
Can you easily reach regularly used items without climbing to reach them?				
Do you have a step stool that is sturdy and in good repair?				
Do you regularly clean the oven hood to prevent grease fires?				

<b>Bathroom:</b>	Yes	No	Do Not Know	Does Not Apply
Does your shower or tub have a non-skid surface, decals, or abrasive strips?				
Does the tub/shower have a sturdy grab bar installed? (Not just a towel rack)				
Does the floor have non-slip surfaces and/or rugs with non-skid backing?				
Are you able to get on and off the toilet easily?				

<b>Stairways</b>	Yes	No	Do Not Know	Does Not Apply
Is there a light switch at both the top and bottom of the indoor stairs?				
Can you easily see the outline of each step with the light on?				
Do all stairways have sturdy handrails on both sides?				
Do handrails run the full length of the stairs, slightly beyond the steps?				

Are there any other hazards or unsafe areas in your home not mentioned in this checklist that you are concerned about? \_\_\_\_\_

Patient consents to sharing this information with other service providers.

**Suggested corrections (please also see reverse):**

- |   |  |                                |
|---|--|--------------------------------|
| <input type="checkbox"/> Install grab bars (list of suggested handyman provided). | <input type="checkbox"/> Get non-skid rugs or carpet.        | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clear pathways.  | <input type="checkbox"/> Get adhesive strips for tub/shower. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Change smoke alarms batteries.                           | <input type="checkbox"/> Install lights at entry ways.       | <input type="checkbox"/> _____ |
| <input type="checkbox"/>  | <input type="checkbox"/> Get a working fire extinguisher.    | <input type="checkbox"/> _____ |

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**Room Detail: For specific notes on certain rooms please use the boxes below.**

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<b>Room Description/Additional Comments</b> <i>(Example: Master bedroom, basement, bathroom 1 downstairs, etc.)</i>	<b>Observations/Suggested Corrections</b>
Room/Area 1:	
Room/Area 2:	
Room/Area 3:	
Room/Area 4:	
Room/Area 5:	
Room/Area 6:	
Room/Area 7:	
Room/Area 8:	
Room/Area 9:	
Room/Area 10:	

# Community Fall Prevention Program

## Licensed Contractor List

**Licensed contractors servicing the Gualala, Point Arena,  
Manchester, Annapolis & Sea Ranch Areas**

*This list of licensed contractors has been prepared by the Community Fall Prevention Program as a courtesy. Inclusion in this list does not constitute a recommendation of any of the contractors shown, nor can the Community Fall Prevention Program vouch that the information provided is accurate.*

<b>Company Name:</b>	<b>Contact Name:</b>	<b>License #</b>	<b>Phone:</b>
Apple Construction	John Seed	534941	707-785-2570
Buechner Construction	Bob Buechner	766825	707-884-5079
Clark Construction	Mark Clark	805796	707-884-9026
Cornerstone Construction	Mike Simila	768960	707-884-4515
DelMar Construction	Joe Schmitz	512784	707-884-1828
Don's Construction	Don Teutsch	453322	707-882-2547
Estrada Construction	Ricardo Estrada	814539	707-884-1454
H&H Contractors	Jeff Heenan	876471	707-884-5010
J. Schmidt Construction Inc.	John Schmidt	883761	707-684-0568
Kirby Construction	Mitch Kirby	488313	707-884-3416
Maul Construction	Martin Maul	540537	707-292-7690
Melia Construction	Bud Melia	691607	707-882-2909
Ridge Construction	Mike Starr	394539	707-884-5078
Sam Parsons Construction	Sam Parsons	803307	707-684-0098
Smith & Co.	Steve Smith	564436	707-785-2101
Warner Construction Concepts	Gregg Warner	566637	707-884-4322