

Stair Safety Checklist for Seniors

Use this checklist to help make stairs safer for older adults. You can print this out and check off each item as you complete it.

Immediate Actions (Today)

- ☐ Remove clutter from all stairs and landings.
- ☐ Install non-slip stair treads or grip tape on each step.
- ☐ Add reflective tape or high-contrast paint to the edge of each step.
- ☐ Ensure all stairs are well-lit with bright, consistent lighting.
- ☐ Fix or replace loose or broken steps immediately.

Next Steps (This Month)

- ☐ Install secure handrails on both sides of the stairs.
- ☐ Add a second handrail if only one side has one.
- ☐ Check that every step is the same height and depth.
- ☐ Add motion-sensor or LED lighting along stairways.
- ☐ Install grab bars at the top and bottom of the stairs.

Planning Ahead (Long-Term Solutions)

- ☐ Research and consider stairlifts or home elevators if needed.
- ☐ Look into threshold ramps for outdoor or small-step areas.
- ☐ Rearrange the home to create one-level living spaces.
- ☐ Get a home safety assessment from an OT or CAPS professional.
- ☐ Look for grants or financial assistance for home modifications.