

Home Safety Checklist

Checklist and safety tips

This is a checklist of things to do to make sure your home is a safe and helpful place for you to recover from total joint replacement surgery.

General Household

- Make sure there is plenty of bright lighting
- Remove clutter from rooms, hallways, floors, and stairs
- Keep electrical and telephone cords away from walking paths
- Arrange furniture to create open and clear walking areas
- Remove small rugs or put non-skid backing on them
- Make sure handrails and grab bars are secure
- Use sturdy chairs with arm rests at the right height
- Do NOT use chairs with wheels
- Always wear well-fitting shoes or slippers with a non-skid sole
- Do NOT polish floors, as they may become slippery

Kitchen

- Put frequently used items within easy reach so you don't have to bend
- Use a utility cart or walker tray for transporting items

Bathroom

- Install an over-the-toilet commode or locking raised toilet seat
- Install tub or shower grab bars
- Install tub or shower seat or bench
- Install a handheld shower head
- Put non-skid safety strips or rubber mat on the bottom of the tub or shower

Bedroom

- Make sure the top of the mattress is at least knee height
- Use a firm mattress
- Make sure the bed frame is sturdy and does NOT have wheels
- Put frequently used items such as shoes and clothing within easy reach

Exterior

- Make sure all stairs, porches, and sidewalks are in good condition
- Install handrails on stairs
- Put non-skid treads on stairs
- Make sure there is bright lighting

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Hip & Knee Center at Meridian Pavilion: Call 206.668.6360

For urgent needs when the clinic is closed: Call 206.598.6190 and ask to page the Orthopedic resident on call.