
The Cougar Home Safety Assessment- Version 3.0- was adapted with permission from:


Description of Assessment and Procedures for Administration:

- This occupational therapy assessment requires the administrator to have competency and knowledge in environmental and home safety.

- The Cougar Home Safety Assessment 3.0 contains 66 criteria that can be answered by observation, testing of certain home items, and questioning the resident.

- The Cougar Home Safety Assessment 3.0 includes the following categories: fire hazards/carbon monoxide, emergency/medical, electrical/water temperature, flooring/hallways, kitchen, bedroom, bathroom(s), closets/storage areas, parking areas and entrances.

- The occupational therapist will be escorted on a tour of the resident’s home or apartment and complete the Cougar Home Safety Assessment 3.0. The occupational therapist may use clinical reasoning to determine if areas are safe or unsafe. If any criterion is not applicable, mark it “N/A”. Unsafe items found will be reviewed with the participants and recommendations will be offered.

- Tools required: thermometer, flashlight, reaching stick/yard stick to test smoke detector, pen, and a copy of the assessment.
FIRE HAZARDS / CARBON MONOXIDE

1. There is a fire extinguisher present on every level of the house or apartment.
   Safe ___   Unsafe ___   N/A___

2. There is a functional smoke detector present on every level of the house or apartment.
   Safe___   Unsafe___   Battery___   Electric____   How many____   N/A___

3. Portable heaters, ashtrays, or other fire sources are located away from flammable objects.
   Safe ___   Unsafe ___   N/A___

4. Candles are burned in places away from flammable objects.
   Safe ___   Unsafe ___   N/A___

5. There is a functional carbon monoxide detector present on every level of the house or apartment.
   Safe ___   Unsafe ___   Battery___   Electric____   N/A___

6. An operating smoke detector is located near the bedroom either on the ceiling or 6”-12” below the ceiling on the wall.
   Safe___   Unsafe___   N/A___

7. Chimney sweeps are conducted as required:
   Every 3 months for wood   Bi-yearly for coal
   Safe____   Unsafe____   Safe____   Unsafe____   N/A___

   Yearly for oil, gas, and any other fuel that does not produce smoke
   Safe____   Unsafe____   N/A___

Comments / Recommendations:
EMERGENCY / MEDICAL

8. An accessible telephone is in every room, a medical alert device, or a cordless telephone is accessible.
   Safe ___   Unsafe ___   N/A___

9. Emergency numbers are posted on or near the telephone, or are easily accessible (i.e. primary physician, pharmacy, closest family member, etc).
   Safe ___   Unsafe ___   N/A___

10. Flashlights are accessible and functional.
    Safe ___   Unsafe ___   N/A___

11. Assistive devices are in accessible areas (i.e. walkers, canes, glasses, hearing aides, long handled reacher, etc.).
    Safe ___   Unsafe ___   N/A___

12. Medications are in an accessible area.
    Safe ___   Unsafe ___   N/A___

13. All areas of the home are in a sanitary condition.
    Safe ___   Unsafe ___   N/A___

14. A first aid kit is easily assessable containing simple instructions for its use.
    Safe___   Unsafe___   N/A___

Comments / Recommendations:
ELECTRICAL / WATER TEMPERATURE

15. Large appliances such as laundry machines and/ or refrigerators are accessible.
Safe ___ Unsafe ___ N/A___

16. All outlets and switches have plate covers, so that there is no exposed wiring.
Safe ___ Unsafe ___ N/A___

17. All cords are placed out of the flow of traffic.
Safe ___ Unsafe ___ N/A___

18. Cords are not attached to walls or baseboards with nails or staples.
Safe ___ Unsafe ___ N/A___

19. Cords are in good condition (not frayed or cracked).
Safe ___ Unsafe ___ N/A___

20. Electrical cords and appliance cords are located away from the sink and stove areas
Safe ___ Unsafe ___ Ground fault switch present ___ N/A___

21. Small electrical appliances (such as hairdryers, curling irons, etc) are unplugged when not in use
Safe ___ Unsafe ___ N/A___

22. Outlets do not appear to be over-loaded.
Safe ___ Unsafe ___ N/A___

23. The water temperature is 120° F degrees or lower.
Safe ___ Unsafe ___ N/A___

Comments / Recommendations:
FLOORING / HALLWAYS

24. Floor surfaces are level
   Safe ___   Unsafe ___   N/A___

25. Floor surfaces are slip-resistant
   Safe ___   Unsafe ___   N/A___

26. Carpeting is secure and level.
   Safe ___   Unsafe ___   N/A___

27. Throw rugs have a slip-resistant backing.
   Safe ___   Unsafe ___   N/A___

28. Hallways, passageways, and stairways are free of clutter.
   Safe ___   Unsafe ___   N/A___

29. Hallways, passageways, and stairways between rooms have lighting available.
   Safe ___   Unsafe ___   N/A___

30. Night lights are available and are used at night or for unlit areas.
   Safe ___   Unsafe ___   N/A___

31. Indoor stairways have a secure railing on at least one side.
   Safe ___   Unsafe ___   N/A___

32. Doorway thresholds have no more then 1” height difference compared to the floor.
   Safe ___   Unsafe ___   N/A___

33. Transitions between rooms are level or there is a rail, if needed.
   Safe ___   Unsafe ___   N/A___

Comments / Recommendations:
34. Flammable objects such as towels or curtains are located away from the stove area.
Safe ___ Unsafe ___ N/A__

35. Dials are labeled on stove.
Safe ___ Unsafe ___ N/A__

36. There is no excessive grease or clutter on or around the stove area.
Safe ___ Unsafe ___ N/A__

37. Commonly used items are stored in accessible locations.
Safe ___ Unsafe ___ N/A__

38. Garbage cans, pet bowls, and other objects are not located in the walking path.
Safe ___ Unsafe ___ N/A__

39. A stable step stool is available, if items are stored above arms reach.
Safe ___ Unsafe ___ N/A__

40. The countertops are free of rough or sharp edges.
Safe___ Unsafe___ N/A___

41. There is existing, adequate lighting over the stove and sink areas, where food is cut or sliced.
Safe ___ Unsafe ___ N/A__

Comments / Recommendations:
BATHROOM (S)

42. A slip-resistant mat or surface is outside all bathtubs or showers.  
Safe ___  Unsafe ___  N/A___

43. A slip-resistant, mat or abrasive strips are in all the bathtubs or showers.  
Safe ___  Unsafe ___  N/A___

44. All bathroom areas are accessible.  
Safe ___  Unsafe ___  N/A___

45. A properly installed grab bar or other stable surface is available near the tub and toilet.  
Safe ___  Unsafe ___  N/A___

Comments/Recommendations:
CLOSETS / STORAGE AREAS

46. Closets and/or storage areas have lighting available either inside or outside of the closet
   Safe ___     Unsafe ___     N/A___

47. Commonly used items are accessible.
   Safe ___     Unsafe ___     N/A___

48. Walk space is free of clutter.
   Safe ___     Unsafe ___     N/A___

49. The garage, if used, is accessible and has lighting available.
   Safe ___     Unsafe ___     N/A___

50. The attic, if used, is accessible and has lighting available.
   Safe ___     Unsafe ___     N/A___

51. All chemical products are stored in a safe manner.
   Safe ___     Unsafe ___     N/A___

Comments / Recommendations:
PARKING AREA / ENTRANCES

52 Parking areas have lighting available.
Safe ___ Unsafe ___ N/A___

53. Parking areas are reasonably level and have a non-slip surface.
Safe ___ Unsafe ___ N/A___

54. Walkways and sidewalks are clutter free and level.
Safe ___ Unsafe ___ N/A___

55. Walkways and sidewalks have lighting available.
Safe ___ Unsafe ___ N/A___

56. The doorbell or door-knocker is functional.
Safe ___ Unsafe ___ N/A___

57. House numbers are visible on the home or mailbox.
Safe ___ Unsafe ___ N/A___

58. Outside stairways, if present, have a secure railing on at least one side.
Safe ___ Unsafe ___ N/A___

59. Entrance and doorways to home are free of clutter and hazards.
Safe ___ Unsafe ___ N/A___

60. Outside porch or exit area has a working light available
Safe ___ Unsafe ___ N/A___

Comments / Recommendations:
BEDROOM

61. The bed height allows for getting in and out safely.
Safe___ Unsafe___ N/A___

62. Pathways in the bedroom are clear.
Safe___ Unsafe___ N/A___

63. A phone is within reach of the bed.
Safe___ Unsafe___ N/A___

64. Curtains/furniture are at least 12” from the baseboard or portable heater.
Safe___ Unsafe___ N/A___

65. Lamps or light switches are within reach of each bed.
Safe___ Unsafe___ N/A___

66. Ash trays, smoking materials or other fire sources are located away from beds or bedding.
Safe___ Unsafe___ N/A___

Comments / Recommendations
**SAFETY SCORE**

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<th>Assessment Date</th>
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<th>Recommendations</th>
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**FINAL SAFETY SCORE:**
Percent Safe= (# Safe) ÷ (66 minus # Not rated)