

Ligature points: environment checklist

A prompt for walk-rounds, team discussions and training

Use alongside your organisation's ligature risk assessment policy and recording tools. A ligature point (anchor point) is anything a ligature could be attached to.

Service / area	Completed by	Date

The environment

- ☐ Every area people can access has been walked round, including bedrooms, bathrooms, communal areas and outside spaces.
- ☐ Fixtures, fittings and furniture have been checked for ligature points, including low-level ones.
- ☐ Changes from wear and tear, damage, repairs or new items have been looked for.
- ☐ Findings, controls and actions are recorded, for example with an annotated layout or photos.

People and practice

- ☐ Each person's risk is assessed individually and recorded in their care or support plan.
- ☐ Staff know each person's plan and how it applies to the rooms and areas they use.
- ☐ Engagement is supportive and therapeutic, not observation alone.
- ☐ People who use the service, families and staff are involved in decisions where possible.

Staff and response

- ☐ All staff, including agency and new staff, know the environment and the controls in place.
- ☐ Staff know the emergency procedure, when to call 999 and where emergency equipment is kept.
- ☐ Incidents are reported and reviewed, and staff are supported afterwards.
- ☐ The assessment is reviewed after any incident, change or concern, and on the date your policy sets.

If someone is in immediate danger, call 999 and follow your emergency procedure. Samaritans: 116 123, free, any time.

Sources (checked 16 September 2026): Reducing harm from ligatures in mental health wards and wards for people with a learning disability, Mental Health and Learning Disability Nurse Directors Forum with CQC (published 21 November 2023); Samaritans: contact us.

A quick-reference resource only. Always follow the person's care plan, your organisation's policies and procedures, and current national guidance.

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