

Fall Prevention Checklist

Use these checklists to look for fall hazards in each room of your home. Check each box when you have fixed the issue.

Good lighting

- Always turn on the lights when you enter a room.
- Replace burned-out bulbs right away.
- Use night lights in hallways, bathrooms and bedrooms.
- Make sure indoor and outdoor walkways are well-lighted.



Clear walkways

- Make sure carpeting is secure.
- Avoid using throw rugs.
- Vacuum the backs of skid-resistant rugs to make sure they are secure.
- Put bright, contrasting colored tape at the tops and bottoms of stairs.
- Keep floors and walkways clear. Coil or tape cords and wires next to the wall so they are out of the way.
- Clean up spills right away.
- Do not take shortcuts off sidewalks or paths.

- Be alert to pets and children who can pop up in front of or behind you.



Bathroom safety

- Install grab bars in the bathtub, on the wall next to the tub or shower, and near the toilet.
- Install non-slip strips or non-skid mats in the tub.
- Use a tub bench to sit while taking a shower.
- Use a flexible shower hose or hand-held shower.
- Sit on the side of the tub while lifting your legs into the tub. To get out, make sure one foot is firm on the floor before you lift your other foot out.
- Dry yourself before getting out of the tub or shower.



Stairs

- Install and use handrails on both sides of the stairs. Make sure they run the entire length of the stairs.
- Keep the stairs clear.



Proper shoes

- Wear footwear that provides good support and traction between your feet and the floor or ground.
- Avoid wearing only socks or smooth-soled shoes or slippers when you are on stairs, wood floors or waxed floors.



Slippery, uneven surfaces

- Pay attention to the surface you are walking on. Watch for uneven sidewalks or paths.
- Watch for ice, snow, wet or dry leaves, or other things that could cause you to fall.
- Put salt on icy sidewalks and paths in the winter.
- When getting out of a car, test the ground to see if it is wet or icy before you stand on it.



General safety



- When coming down steps, feel the back of your foot against the step.
- When you visit family members or friends, avoid possible problems such as throw rugs or dark hallways.
- Watch for curbs.
- If you have a cell phone, keep it with you at all times.
- Do not rush to answer the phone or door.
- Never climb on a chair to change a light bulb or reach for something. Use a steady step ladder or ask someone to help you.
- Keep items on low shelves.
- Be extra careful if you have new bifocals. You might misjudge stairs.

What else you can do

- Get regular exercise to make you stronger and improve your balance.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your eyes and hearing checked every year.
- Get up slowly after you sit or lie down.
- Use any walking aid as directed.
- Keep the lighting in your home consistent. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Keep emergency numbers in your phone contacts or a list near your phone.