

Checklist to Prevent Falls at Home

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

Floors: check each room

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Are there papers, books, towels, shoes, magazines, boxes, blankets or other objects on the floor?

- Pick up things on the floor. Keep the floor clear.



Do you have throw rugs on the floor?

- Remove throw rugs or use double-sided tape or

a non-slip backing so the rugs don't slip.

Do you have to walk over or around wires or cords (like lamp or extension cords)?

- Coil or tape cords and wires next to the wall so they are out of the way. If needed, have an electrician put in another outlet.

Stairs and steps: check inside and outside

Are there papers, shoes, books or other objects on the stairs?

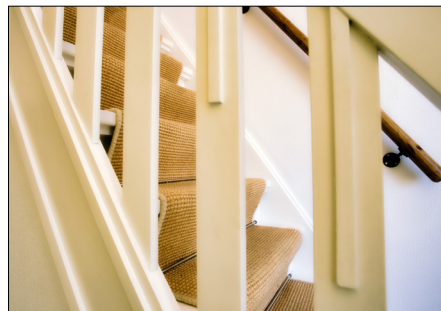
- Pick them up. Keep the stairs clear.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Are you missing a light over the stairway?

- Have an electrician put in an overhead light at the top and bottom of the stairs.



Do you have only 1 light switch for your stairs?

- Have an electrician put in a light switch at the top and bottom of the stairs.

Has the stairway light bulb burned out?

- Have a family member or friend change it.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step or remove the carpet and put down non-slip rubber treads on the steps.

Are the handrails loose or broken? Is there a handrail on only 1 side of the stairs?

- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

Kitchen: check your kitchen and eating area

Are there things you use often on high shelves?

- Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).



Is your step stool uneven?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Bathroom: check all of your bathrooms

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.



Do you need some support when you get in and out of the tub or up from the toilet?

- Have a carpenter put grab bars inside the tub and next to the toilet.

Bedroom: check all of your bedrooms

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.



Is the path from your bed to the bathroom dark?

- Put in a night light. Some night lights go on by themselves after dark.

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 checked at least once a year by an eye doctor.
- Get up slowly after you sit or lie down.
- Wear shoes inside your house. Avoid going barefoot or wearing slippers.
- Keep the lighting in your home consistent. Add lighting to dark areas. Hang light-weight curtains or shades to reduce glare.
- Keep emergency numbers near your phone.