

# Home Fall Prevention Checklist

## **Stairways, Hallways, Pathways**

- Stairs, halls, and pathways are clutter free.
- Stairs, halls, and pathways are well lit.
- There are light switches at the top and bottom of stairs.
- Handrails are tightly fastened and run the length along both sides of all stairs.
- Steps are level, same height and size, and not broken.
- Step edges are painted with a contrasting color so that you can see them better.

## **Living Rooms**

- Electrical cords and telephone wires are placed away from walking paths.
- Rugs are well secured to floor.
- Furniture (especially low coffee tables) and other objects are arranged so they allow a clear walking path.

## **Kitchen**

- Items you use often are on the lower shelves of your cabinets.
- Stepstool is steady and has a bar to hold. Never use a chair as a stepstool.
- Remove throw rugs from kitchen floor.

## **Bedroom**

- Carpets and area rugs are firmly attached to floor.
- Telephone is within easy reach near bed.
- Night lights placed so you can see where you walk.
- Lamp or light switch is within reach of bed.

## **Bathroom**

- There are grab bars in and out of tubs, showers, and near toilets.
- There are non-skid mats or abrasive strips in tub or shower.
- There is a slip-resistant rug adjacent to tub or shower for safe exit.
- There is a night light to see where you walk.

## **Other Tips**

- Post emergency numbers in large print near telephone.
- Get up slowly after you sit or lie down.
- Wear sturdy shoes with thin, non-slip soles. Avoid slippers and running shoes with thick soles.
- Have vision checked at least once a year.
- Talked to doctor or pharmacist about side effects of drugs you take.
- Exercise regularly. It makes you stronger and improves balance and coordination.

