

## HELPFUL HINTS

- ❑ 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.
- ❑ Talk to doctor or pharmacist about side effects of drugs you take.
- ❑ Exercise regularly. It makes you stronger and improves balance and coordination.



South Central Public Health District offers free Fit & Fall Proof™ exercise classes for seniors.



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SCPHD: 12/2010

# HOME FALL PREVENTION CHECKLIST



 **South Central  
Public Health District**  
Prevent. Promote. Protect.

## STAIRWAYS, HALLWAYS, PATHWAYS

- ❑ Stairways, hallways, and pathways are clutter free.
- ❑ Stairways, hallways, and pathways are well lit.
- ❑ There are light switches at the top and bottom of stairs.
- ❑ Hand rails are tightly fastened.
- ❑ 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 ROOM

- ❑ 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.

## 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.

## BEDROOM

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

