



FALL PREVENTION CHECKLIST

FLOORS: Look at the floor in each room.

- Q:** When you walk through a room, do you have to walk around furniture?
 - Ask someone to move the furniture so your path is clear.
- Q:** Do you have throw rugs on the floor?
 - Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Q:** Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
 - Pick up things that are on the floor. Always keep objects off the floor.
- Q:** Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?
 - Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.



STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

- Q:** Are there papers, shoes, books, or other objects on the stairs?
 - Pick up things on the stairs. Always keep objects off stairs.
- Q:** Are some steps broken or uneven?
 - Fix loose or uneven steps.
- Q:** Are you missing a light over the stairway?
 - Have an electrician put in an overhead light at the top and bottom of the stairs.
- Q:** Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?
 - Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
- Q:** Has the stairway light bulb burned out?
 - Have a friend or family member change the light bulb.
- Q:** Is the carpet on the steps loose or torn?
 - Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

KITCHEN: Look at your kitchen and eating area.

- Q:** Are the things you use often on high shelves?
 - Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- Q:** Is your step stool unsteady?
 - If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: Look at all your bathrooms.

- Q:** 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.
- Q:** 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.

BEDROOMS: Look at all your bedrooms.

- Q:** Is the light near the bed hard to reach?
 - Place a lamp close to the bed where it's easy to reach.
- Q:** Is the path from your bed to the bathroom dark?
 - Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- 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 vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.