FALL PREVENTION CHECKLIST



Help make your home safer, by ticking off these fall prevention tasks around your home.

FLOORS

Wa obs		re cl	ear c	of fu	rni	ture	e ar	٦d	oth	ner	
 ~								~			

Cords and wires are taped down, folded away or against the wall.

Loose mats and rugs have been replaced with non-slip rugs.

Floor is clear of items that can be tripped on, such as shoes, books and boxes.

KITCHEN

Regularly used items are in easily accessible places.

If you have to use a step ladder, make sure it has a handle at the top. Never use a chair as a stepping stool.

BATHROOM

There are at least two grab bars in the bath/shower and toilet area.

There is non-slip flooring or mats.

Consider buying a shower chair and handheld shower head.

Add nightlights along the path to the bathroom.

STAIRS AND STEPS

L E			
l			
L	-	-	

There is good lighting in stairways with light switches at both ends.

Nonslip adhesive rubber tread is on steps.

Stairs are clear of items that can be tripped on, such as shoes, books and boxes.

There are handrails on both sides of stairs or existing handrails are secure.

Loose or uneven steps and carpet have been fixed.

BEDROOM

There are nightlights in the bedroom and hallways.

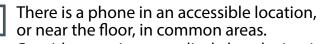
Bedside table lights are available and accessible.

There is a phone in an accessible location, on the bedside table or on the floor.

OTHER

Use a walker or walking stick if you are unstable.
An emergency phone number list, in large

print, is near each phone.





or near the floor, in common areas. Consider wearing a medical alert device, in the event of an emergency, while you are

