

In-Home Fall Prevention Checklist



Use this checklist as you walk through your home.
Check the box next to each item once you have addressed the fall risk.

Floors

- When the resident walks through each room of the home, is their path free of furniture?
- If there are throw rugs on the floor, are they secured with double-sided tape or nonslip backing?
Has fringe along the edge of rugs been taped down or removed?
- Are there any papers, books, towels, shoes, magazines, boxes, blankets or other objects on the floor?
- If there are wires or cords in the home, are they coiled or taped next to the wall so the resident does not walk over or around them?

Stairs and Steps

- Have you removed any papers, shoes, books or other objects from the stairs?
- Is stairway free of any broken or uneven steps?
- Are steps free of loose or torn carpet?
- Does stairway have sufficient lighting?
- Are the light bulbs above the stairway functional?
- Is there a light switch at both the top and bottom of the stairway?
- Is there a handrail on both sides of the stairs?
- Are handrails loose or broken?
- Do handrails run the full length of the stairway?

Kitchen

- Are the resident's most frequently used items on lower shelves (about waist level)?
- Does the resident have a sturdy step stool with a bar to hold onto?

Bathrooms

- Does the tub or shower floor have a nonslip rubber mat or self-stick strips?
- Are there grab bars for the resident to use to get in and out of the tub and up from the toilet?

Bedrooms

- Is the light near the bed within easy reach?
- Is the path from the bed to the bathroom well lit with nightlights?

Steps You Can Take to Prevent Falls And Other Safety Tips



Steps You Can Take to Prevent Falls

- Do exercises that improve your balance and make your legs stronger. Exercise also helps you feel better and more confident.
- Have your doctor or pharmacist look at all the medicines you take, including over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your eyes checked by an eye doctor at least once a year and update your glasses.
- 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-colored paint on dark wood.

Other Safety Tips

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up. Or keep your cell phone nearby by attaching it to your belt loop or carrying it in a small over-the-shoulder pouch.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.