

# **Fall Prevention Checklist**

## **Floors**

- ◆ Clear furniture and other obstacles.
- ◆ Cords & wires should be taped down or folded away hidden or against the wall.
- ◆ Floor is clear of items that can be tripped on, such as shoes, magazines & boxes

## **Stairs and Steps**

- ◆ Fix loose or uneven steps & carpets.
- ◆ Handrails are on both sides of the stairs or existing handrails are secure.
- ◆ Good lighting in the stairway with light switches on the top and bottom.
- ◆ Nonslip adhesive rubber tread on the steps.
- ◆ Stairs are clear of items that can be tripped on, such as shoes, magazines & boxes.

## **Bedroom**

- ◆ Bedside table lights are available and easily accessible.
- ◆ There are plug in night lights in the bedrooms and hallways.
- ◆ There is a phone in an accessible location, on the bedside table or on the floor, in case of falls. Or, a medical/safety alert system to push for help.

## **Bathroom**

- ◆ There are non-slip flooring or mats.
- ◆ There should be at least two grab bars in the bath/shower and toilet area.
- ◆ Consider purchasing a shower chair and handheld shower head.
- ◆ Add night lights along the hall or path to the bathroom.

## **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.

## **Other**

- ◆ An emergency number list, in large print, is near each phone.
- ◆ Use a walker or a cane if your balance is unstable.
- ◆ Consider a wearable medical alert device in the event of an emergency while you are alone.
- ◆ There is a phone near the floor, in common areas, in case you fall and can't get up.

