

## FALL PREVENTION CHECKLIST

You don't have to fear falling. Walk around your home with this fall prevention checklist and talk to a handyman, electrician, contractor, or loved one about making some of these adjustments in your home as part of your new fall reduction program.

### FLOORS

- ✓ Clear walk paths by rearranging furniture and picking up objects or clutter from the floors in each room.
- ✓ Prevent rugs from slipping with a non-slip backing or remove them altogether if too slippery.
- ✓ Coil or tape cords and wires close to the wall.
- ✓ Paint door sills, the bottom portion of your door frame, a different color or place reflective tape on it to increase visibility.

### STAIRS AND STEPS

- ✓ Keep objects off the stairs.
- ✓ Fix loose or uneven steps.
- ✓ Make sure there are handrails on both sides of the stairs or fix loose ones.
- ✓ Illuminate the top and bottom of the stairs with bright light bulbs or have an electrician put in a new light and switch at the top and bottom of the stairs.
- ✓ Make sure carpeting is firmly attached to every step or remove the carpet and attach nonslip rubber treads.

### KITCHEN

- ✓ Move items that are difficult to reach to lower cabinets and shelves about waist high.
- ✓ Check that your step stool is steady with a bar to hold on to. Don't use a chair as a step stool.

### BEDROOMS

- ✓ Place a lamp close to the bed that is easy to reach.
- ✓ Put in a night-light to navigate a dark room at night. Some nightlights turn on automatically after dark.

### BATHROOMS

- ✓ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower and outside on the bathroom floor.
- ✓ Install a grab bar inside the tub and next to the toilet.
- ✓ Use bathroom safety equipment where needed, such as over the toilet, for safety and assistance in transfers.