

# A Home Fall Prevention Checklist For Seniors

Adapted from the Department of Health & Human Services  
Centers for Disease Control & Prevention Check for Safety

## KEY SAFETY TIPS

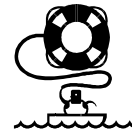
Keep emergency numbers in large print near each phone.



Have a cordless phone with you in case you fall and can't get up.



Consider Lifeline – a device that will bring help in case you fall and can't get up.



### FLOORS:

When you walk in a room do you have to walk around furniture?

yes     no



- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

yes     no



- Remove the rugs or use double-sided tape or non-slip backing so the rugs won't slip.

Are papers, magazines, books, shoes, boxes, blankets, towels, or other objects on the floor?

yes     no



- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around cords or wires (like cords from lamps, extension cords, or telephone cords)?

yes     no



- Coil or tape cords and wires next to the wall so you can't trip over them. Consider having an electrician put in another outlet.

## STAIRS & STEPS:

Are papers, shoes, books, or other objects on the stairs?

yes  no

- Pick up things on the stairs. Always keep objects off the stairs.

Are some steps broken or uneven?

yes  no



- Fix loose or uneven steps.

Are you missing a light over the stairway?

yes  no

- Have a handyman or electrician install an overhead light at the top and bottom of the stairs.

Has the stairway light bulb burned out?

yes  no



- Have a friend or family member change the light bulb.

Do you have only one light switch for your stairs?

yes  no

- Have a handyman or an electrician put in a light switch at the top and bottom of the stairs. Get light switches that glow.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

yes  no



- Fix loose handrails or put in new ones.
- Make sure handrails are on both sides of the stairs and are as long as the stairs.

Is carpet on the steps loose or torn?

yes  no



- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads on the stairs.

## KITCHEN:

Are the things you use often on high shelves?

yes  no



- Do not use step stools.
- Ask friends or family to help place things on lower shelves or cabinets (about waist high).

## LIVING ROOM:

Do you have trouble getting in or out of your chair or couch?

yes  no



- Have a handyman put blocks under the legs of your furniture to raise it to a safe height and make it easier for you to stand or sit.

## BEDROOMS:

Is the light near your bed hard to reach?

yes  no



- Place a lamp close to the bed where it is easy to reach.

Is the path from your bed to the bathroom dark?

yes  no

- Put a night-light so you can see where you're walking. Use night-lights that go on by themselves after dark.

## BATHROOMS:

Is the tub or shower floor slippery?

yes  no



- Put a non-slip rubber mat or self-stick strips on the tub or shower floor.

Do you have some support when you get in and out of the tub or shower, or up from the toilet?

yes  no

- Have a handyman or carpenter install grab bars next to the inside of the tub, inside the shower, and next to the toilet.

## 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 or conditions can make you sleepy or dizzy



At your yearly physical, ask for a balance or walking assessment - Unsteady gait increases your risk of falling .. Use your cane or walker in your home, not just when you go out



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 - Some medicines or conditions can make you lightheaded with quick position changes



Paint a contrasting color on the top front edge of all steps so you can see the stairs better - For instance, if you have dark wood, use light color paint



Wear sturdy shoes with non-slip soles - Avoid slippers, high heels, and athletic or jogging shoes with thick soles



Improve the lighting in your home - Put in brighter bulbs and use lamp shades to reduce glare



It is safest to have uniform lighting throughout a room - Add lighting to dark areas, hang light weight curtains to reduce glare from bright windows and doors