



A Checklist for Preventing Falls:

Lighting

- Place night lights in hallways, bedrooms, bathrooms and stairways.
- Place a lamp near your bed.
- Keep lighting same in each room. Place extra lighting in dark spaces.

All Rooms

- Check all rooms and hallways for obstacles that would prevent safe movement.
- Keep all traffic areas clear of electrical and phone cords, furniture and clutter.
- Store all household items at close reach.

Outside your Home

- Repair holes, uneven joints on walkways.
- Have leaves, snow and ice removed from stairs and walkways. Use salt or sand throughout the winter months.
- Make sure outside lighting is in working condition.
- Make sure handrails are securely fastened.

Floors and Rugs

- Make sure all floor boards are even and rugs are secure to the floor.
- Use non-skid floor wax.

Bathroom

- Be sure you can move safely in the bathroom area.
- Place non-slip strips or bath mat in your shower or tub.
- Install grab bars at the toilet and bathtub/shower areas.
- Use non-slip bathroom rugs

Kitchen

- Items that you use frequently should be placed in areas that are easily reached.
- If you have a step stool, make sure there is a bar to hold on to.

