

CHECK FOR SAFETY

A Home Fall Reduction Checklist for Older Adults

Falls are often due to hazards that are easy to overlook but also easy to fix. This checklist will help you find and fix those hazards in your home.

FLOORS

- Ask someone to move the furniture so your path is clear.
- Remove the rugs or use double-sided tape or non-slip backing so the rugs won't slip.
- Pick up things that are on the floor and keep your walkways clear of objects and toys.
- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician install another outlet.



STAIRS AND STEPS

- Pick up things on the stairs. Always keep objects off the stairs.
- Fix loose or uneven steps.
- Have a handyman or electrician put in an overhead light at the top and bottom of the stairs.
- Have a friend or family member change the light bulb.
- Have a handyman or an electrician put in a light switch at the top and bottom of the stairs. You can also get light switches that glow.
- 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.
- Make sure the carpet is firmly attached to every step or remove the carpet and attach non-slip rubber treads on the stairs.



KITCHEN

- Move items in your cabinets. Keep things you use often on the lower shelves (about waist high).
- Get a new, steady step stool with a bar to hold on to. Never use a chair as a step stool.



BEDROOMS

- Place a lamp close to the bed where it is easy to reach.
- Put in a night light so you can see where you're walking. Some night lights go on by themselves after dark.



BATHROOMS

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Have a handyman or carpenter put in a grab bar inside the tub and next to the toilet.



This checklist is based on a publication of the National Center for Injury Prevention and Control of the Centers for Disease Control and Prevention.


INDEPENDENCE
HOME CARE

CARING Is OUR CALLING
(501) 847-6102