

Home Safety Checklist: Help Avoid Falls



Outside:

- Keep sidewalks and walkways free from clutter
- Use dusk activated lighting for walkways, porch areas, steps and stairs
- Repair any broken, loose or damaged steps or stairs
- Do not store items on stairs or steps
- Carpet should be securely attached to steps
- Attach non-slip strips or tread to steps
- Handrails should be securely attached and that the handrail should extend the length of the stairway
- Add a swath of brightly colored paint to the top and bottom step to add a visual cue
- Use a mat by the outside door to keep bottom of shoes dry and clean

Inside:

Inspect floors:

- Clean up clutter
- Maintain a clear path
- Avoid throw rugs. If they are used, attach a non slip backing.
- Wrap any exposed wires, cords or tubing and tape or secure them close to the wall away from walking areas

Kitchen:

- Wipe or mop any spills up immediately. Cover with a towel or paper towel if you can't wipe up right away
- Keep frequently used items at waist level and within easy reach to avoid the need to bend over.
- Keep kitchen floors swept
- Use step stools with caution, and never use a chair as a step stool
- Avoid using floor wax

Bathroom:

- Use a night light
- Use non-skid rubber mats or strips in the shower or bath
- Install handrails in the tub or shower, and by the toilet
- Install dispensers for soaps, shampoos in the tub/shower
- Avoid using bars of soap in the tub/shower



- Use a shower chair
- Use a hand-held shower head
- Wipe up wet areas right away
- Add an elevated toilet seat to your standard toilet
- Store frequently used items at waist level to avoid bending at waist

Bedroom/ Living Room

- Use a night light
- Use glow in the dark light switches
- Keep a lamp or light source within reach
- Use non skid rugs
- Keep paths clear
- If using oxygen, keep tubing close to the walls and out of walk areas.
- Keep important items within easy reach- phone, remote, eyeglasses, tissues
- Keep a flashlight easily accessible in case of power outages.
- Place the bed closer to the bathroom. Place the bed up against a wall for extra security.
- Place additional chairs in traffic areas to provide “resting spots”
- Use a baby monitor or bell
- Pad sharp edges on furniture
- Make sure furniture cushions are firm, but not too low or deep

