



Home Safety Checklist

Prevent Falls

1

Yes No

Do you exercise regularly?

■ Regular exercise builds your strength and improves your balance and coordination. Ask your doctor about the best physical exercise for you.

Yes No

Do you take your time getting up to answer the phone or doorbell?

■ Being rushed or distracted increases your chance of falling. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Yes No

Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?

■ Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other piles of stuff.

Yes No

In winter, are sidewalks, outdoor steps, and walkways clear of ice and snow?

■ Keep the walkways clear. If needed, ask for help with snow and ice removal.

Yes No

Have you had your eyes checked?

■ See an eye specialist once a year. Poor vision can increase your chance of falling.

Yes No

Do you have nightlights along the path between your bedroom and the bathroom?

■ Use nightlights to light the path between your bedroom and the bathroom.

Yes No

Do you turn on the lights before you use the stairs?

■ Stairways should be well lit from both the top and the bottom. Turn on the lights before using the stairs.

Yes No

Does every room have a light switch that can be reached from the doorway?

■ Make sure you can reach light switches from the doorway. Ask for help installing new light switches.

Yes No

Are there non-slip mats in and outside bathtubs and showers?

■ Use non-slip bath mats in the bathtub and on shower floors.

Yes No

Do you have grab bars in tubs, showers, and near all toilets?

■ Grab bars should be installed in all bathrooms. Never use a towel rack or shower rod for support.



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Yes No

Do you wipe up spilled liquids right away?

■ Wipe up spilled liquids immediately. Even a few drops of liquid or grease can be a slipping hazard.

Yes No

Do your throw rugs have rubber, non-skid backing?

■ Use only throw rugs that have rubber, non-skid backing. Smooth out all wrinkles and folds in carpeting.

Yes No

Is your carpeting in good condition?

■ Make sure carpeting is not wrinkled, torn, or worn. If it is, ask for help repairing or replacing the carpeting.

Yes No

Are there sturdy, easy-to-grip handrails on both sides of the stairs?

■ Have easy-to-grip handrails installed along the full length of both sides of the stairs

Yes No

Do you wear sturdy, well-fitting, low-heeled shoes with non-slip soles?

■ Wear sturdy, well-fitting, low-heeled shoes with non-slip soles, which are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Yes No N/A

Have you contacted your doctor or pharmacist if your medication affects your balance and coordination?

■ If not, have your doctor or pharmacist review all your medications, including over-the-counter drugs. Some medications can affect your balance and coordination.