



# Checklist for Preventing Falls at Home

**Falls are often caused by everyday hazards in your home.** Use this checklist to help identify problem areas that could cause a fall. We've also included recommendations on how to remove these potential hazards.

## Rooms and areas to check



### Floors

- Maintain a clear path through each room so that it's free of furniture and clutter.
- Remove or fix throw rugs to the floor with double-sided tape or nonslip backing.
- Keep wiring and cords coiled and out of the way.



### Kitchen

- Organize closets, cabinets, and drawers for easy access to the things you need.
- Use a step stool with handles, guardrails, and nonskid treads, if needed.



### Bathroom

- Use a nonslip rubber mat or self-stick strips in the bath or shower.
- Install grab bars inside the tub and next to the toilet.
- Plug in a night light.
- Use a shower chair or bench.
- Consider having a new toilet or toilet seat installed that's easier to use, if your toilet seat is too high or low.



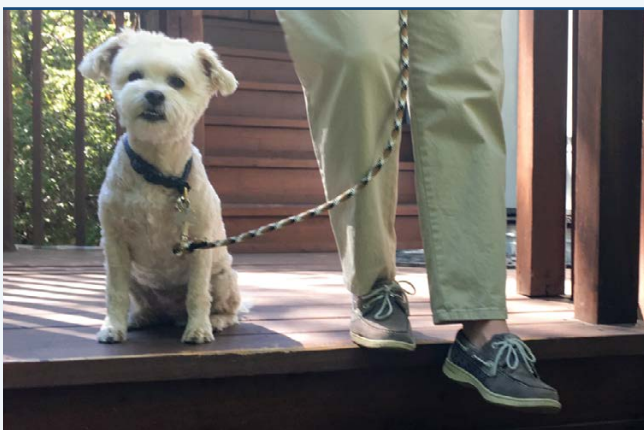
## Bedrooms

- Keep a lamp close to the bed where it's easy to reach.
- Plug in a night light.
- Consider leaving an overhead light on in the hallway or bathroom at night.
- Place mobility, visual, and hearing aids within arms reach.
- Keep a mobile phone or fall alert device next to the bed so you can reach it.



## Stairs and Steps

- Fix broken, loose, or uneven steps.
- Make sure stairways are well lit. Consider installing light switches at the top and bottom of the stairs.
- Use handrails when going up and down the stairs. If you don't have handrails, consider having them installed on both sides of the stairs.



## Pets

- Keep pet toys, food, and water bowls out of halls and other walkways to avoid tripping or slipping hazards.
- Ensure pets are properly trained and don't pull on their leash. Pets can accidentally pull you and cause a fall.
- Put a bell on your pet's collar so you know where they are and can avoid tripping on them.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.