Fall Prevention Checklist

Do a walkthrough of your home using this checklist. Small annoyances can often be major safety hazards. If repairs or modifications are needed, call (925) 895-4411 for local referrals.

Stairs & Steps – Inside & Outside

YES / NO **Are there papers, shoes, books, or other objects on the stairs?**
Always keep objects off the stairs, and walkways free of clutter.

YES / NO **Are some steps broken or uneven, either inside or outside?**
Fix or mend the problem areas.

YES / NO **Is there a light and light switch at the top and bottom of the stairs?**
Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow, as well as wall mounted spotlights.

YES / NO **Has a light bulb burned out in a walkway or stairway making it dim in that area?**
Ask a friend or family member change the light bulb.

YES / NO **Is there carpet on your stairs loose or torn?**
Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

YES / NO **Are the handrails loose or broken? Is there a handrail on only one side of the stairs?**
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.

Bedrooms

YES / NO **Is the light near the bed hard to reach?**
Place a lamp close to the bed where it's easy to reach.

YES / NO **Is the path from your bed to the bathroom dark?**
Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

YES / NO **Is your bed difficult to get in or out of because it is too low? Or too high?**
Consider adding another box spring under the mattress to elevate. Or, remove the bed frame to lower to overall height.

Floors & Hallways

YES / NO **When you walk through a room, do you have to walk around furniture?**
Ask someone to move the furniture so your path is clear.

YES / NO **Do you have throw rugs on the floor? Do they curl on the edges?**
Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

YES / NO **Are there papers, shoes, books, or other objects on the floor?**
Pick up things that are on the floor. Always keep objects off the floor, entryways, hallways, and main living areas.

YES / NO **Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?**
Coil or tape cords and wires next to the wall so you can't trip over them. You can also get zip tips and tie them together and then tape down. If needed, have an electrician put in another outlet.

Bathrooms

YES / NO **Is the tub or shower floor slippery?**
Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower. Be sure that you have a non-stick bathroom mat on the floor outside of the tub or shower as well.

YES / NO **Do you need some support when you get in and out of the tub, or up from the toilet?**
Have grab bars put in next to and inside the tub, and next to the toilet.

Kitchen & General

YES / NO **Are the things you use often on high shelves?**
Keep essential things you use often on the lower shelves (about waist high). Avoid excessive reaching or bending in order to get to common things that you use on a daily basis.

YES / NO **Are you using a step- stool? Is it sturdy?**
If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool. Consider asking a friend or family member to move items so that you do not have to use a step stool in general.

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