

# Reduce Your Risk for Falls

## Your Home Checklist

### Stairs & Steps – Indoor & Outdoor

*Are there papers, shoes, books or other objects on the stairs?*

- Always keep objects off the stairs and free of clutter.

*Are some steps broken or uneven?*

- Fix loose or uneven steps.

*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. Consider glow in the dark light switches.

*Are there any lightbulbs by or at the stairway burned out?*

- Have a friend or family member change the light bulb.

*Is the carpet on the steps loose or torn?*

- Ensure the carpet is securely attached to every step, or remove carpet and attach non-slip rubber treads to the step.

*Are the handrails loose or broken? Is there a handrail on only one or both sides of the stairs?*

- Fix loose handrails or replace. Ensure handrails are the length of stairs and are on both sides.

### Kitchen

*Is there anything you use often on a high shelf?*

- Ask a friend or family member to help move to a lower shelf.

*Do you have a step stool? Is it sturdy?*

- If you must use one, get a stool with a bar to hold on to. NEVER use a chair as a step stool.

### Bedrooms

*Are you able to easily reach your light by the bed?*

- Place a lamp close to your bed where you can easily reach it.

*Is the path from your bed to bathroom dark?*

- Place a nightlight(s) throughout your path to ensure you can see where you are walking.

### Bathrooms

*Is the floor of your tub or shower slippery?*

- Place a non-slip rubber mat or self-stick strips on the floor.

*Do you need support when you get in and out from the tub, shower or toilet?*

- Install grab bars next to and inside the tub, shower and next to your toilet.

### Floors

*When you walk through a room, do you have to walk around any furniture?*

- Ask a friend or family member to help arrange furniture to ensure your path is clear.

*Are there any throw rugs on the floor?*

- Remove any rugs to ensure you do not slip or trip.

*Are there papers, shoes, books or any clutter on the floor?*

- Always keep the floor clear of any clutter and objects.

*Do you have to walk over or around any wires or cords (i.e. lamps, telephone or extension cords)?*

- Have a friend or family member coil or tape cords and wires next to the wall so you will not trip over them.

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