

Falls Prevention Home Safety Checklist

General home safety:

- ☐ Keep walkways clear of clutter, cords and loose items
- ☐ Ensure floors are dry and free of spills
- ☐ Remove or secure loose rugs with non-slip backing
- ☐ Make sure there is adequate lighting in rooms and hallways
- ☐ Install light switches at both ends of corridors and stairs
- ☐ Use night lights in hallways, bedrooms and bathrooms
- ☐ Keep frequently used items within easy reach
- ☐ Arrange furniture to allow wide, clear paths
- ☐ Repair uneven flooring or carpets that curl up at the edges
- ☐ Avoid wearing slippery socks – choose non-slip slippers or shoes



Bathroom:

- ☐ Use a non-slip bath mat or shower mat
- ☐ Wipe up any water spills immediately
- ☐ Consider a handheld showerhead for seated showering
- ☐ Raise the toilet seat if getting up/down is difficult
- ☐ Keep toiletries within easy reach to avoid bending or stretching
- ☐ Make sure the bathroom floor has non-slip tiles or rugs with rubber backing
- ☐ Place a shower chair or bath bench if standing up for long periods is difficult
- ☐ Add bright lighting, especially near the shower and sink area
- ☐ Install grab bars beside the toilet and inside/outside the bath or shower



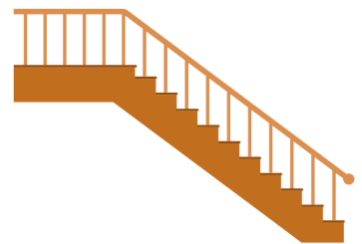
Kitchen:

- ☐ Keep commonly used items on lower shelves or counters
- ☐ Avoid climbing on stools or chairs to reach things
- ☐ Wipe spills immediately to prevent slippery surfaces
- ☐ Ensure flooring is non-slip and even
- ☐ Keep electrical cords away from walking areas
- ☐ Store heavy items at waist height to avoid bending or stretching
- ☐ Make sure lighting is bright, especially over cooking and prep areas



Stairs & hallways:

- ☐ Install handrails on both sides of the stairs
- ☐ Keep stairs free of clutter
- ☐ Repair loose or uneven steps
- ☐ Add non-slip treads or contrasting edge tape to steps
- ☐ Ensure good lighting at the top and bottom of stairs
- ☐ Fit light switches at both ends of the staircase
- ☐ Use carpet runners that are securely fixed
- ☐ Avoid carrying large or heavy items that block your view of the steps



Living room

- ☐ Keep floors clear of cables, wires or clutter
- ☐ Arrange furniture to create wide walking paths
- ☐ Ensure rugs have non-slip backing
- ☐ Avoid glass furniture with low edges that's hard to see
- ☐ Use good lighting near seating and reading areas
- ☐ Choose sturdy chairs with arms to make sitting and standing easier
- ☐ Keep remote controls, phones and essentials within reach



Bedroom:

- ☐ Keep a lamp or light switch close to the bed
- ☐ Place a night light to guide the way to the bathroom
- ☐ Keep the floor clear of clutter and cords
- ☐ Consider a bedside commode if getting to the toilet is difficult at night
- ☐ Avoid long bedspreads or blankets that could drag on the floor
- ☐ Make sure the bed is at a comfortable height
- ☐ Keep slippers or shoes next to the bed for easy access



Entrances & outdoors:

- ☐ Ensure pathways and driveways are even and free of cracks
- ☐ Install handrails on outdoor steps
- ☐ Keep outdoor lighting bright and use motion sensor if possible
- ☐ Remove leaves, snow or ice promptly
- ☐ Place a sturdy doormat to prevent slipping when shoes are wet
- ☐ Keep door thresholds low or use ramps if needed

