

Home Safety Checklist for Falling

Falls are often due to things around your home that are easy to fix. But you may overlook them because you are so used to them being there. This checklist is to help you note things that may make you more at risk for falling.

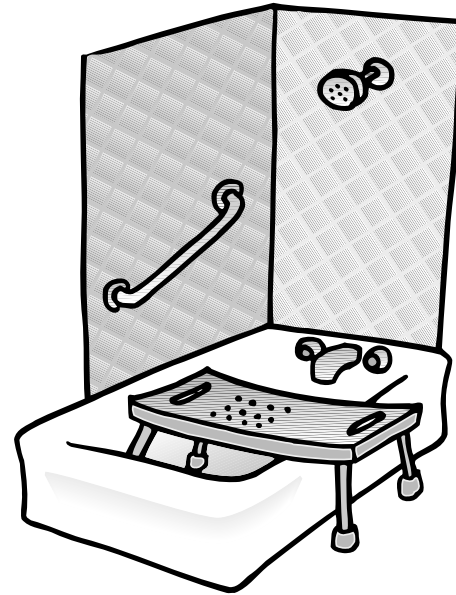
Yes No

- Do you have to walk around furniture in any room in your home?
- Do you have throw rugs on the floor in any room you use?
- Are there papers, books, towels, shoes, magazines, boxes, blankets or other objects on the floor?
- Do you have to walk over or around wires or cords lying on the floor?
- Are there papers, shoes, books, or other things lying on the stairs?
- Are any of the steps in your home broken or uneven?
- Is there an overhead light over the stairwell in your home?
- If you have an overhead light, can you turn it on and off at both the top and bottom of the stairs?
- If your stairs are carpeted, is the carpeting torn or loose?
- Do you have handrails on both sides of the stairs?
- Are the handrails loose or broken?
- In your kitchen, are the things you use most often on high shelves?

Continued on next page.

Yes No

- If you use a step stool, is it sturdy?
- Is your tub or shower floor slippery?
- Do you have handrails in your tub or shower to help you get in and out?
- Is the light beside your bed hard to reach?
- Do you have a nightlight to keep the path from your bed to the bathroom lit?
- Is the lighting in your home bright?



Here are some other points that can affect your risk for falling:

- Do you exercise some each day?
- Do you have your eyes checked at least once each year by an eye doctor?
- Do you get up slowly after you sit or lie down?
- Do you always wear good shoes that fit your feet well?
- Do you go barefoot around your home?