



Check off each item that describes the situation in your home. Each item that gets no checkmark represents a potential hazard.

Bathroom Safety

- Grab bars are on the bathroom walls, near the toilet or along the bathtub or shower
- A slip-resistant rug is next to bathtub or shower
- A mounted or suction liquid soap dispenser is on the bathtub/shower wall
- Non-skid adhesive textured strips are on the bathtub/shower floor
- A sturdy plastic seat (shower chair) is placed in the bathtub
- There is a raised toilet seat or a toilet seat with armrests to maintain balance getting on or off the toilet.
- An extra-long mirror is over the sink so it can be used when sitting

Bedroom Safety

- Clutter is cleared from the floor so that nothing is in the way
- A lamp, flashlight, and telephone are within easy reach near the bed
- Nightlights are placed along the path from the bedroom to the bath
- A raised mattress is available to get in and out of bed easily

Living Area Safety

- Furniture is arranged to create clear paths between rooms
- Low coffee tables, magazine racks, footrests, and plants are removed from pathways in rooms used with walkers or crutches.
- Light switches are easily accessible at entrances to rooms
- Glow in the dark switches or sound-activated lamps are available
- Loose rugs are secured with double-faced tape or slip-resistant backing.



Home Fall Prevention Checklist

- ___ In rooms with wall-to-wall carpeting, carpet is secure and there are no wrinkles or raised areas.
- ___ Electric appliance and telephone cords are out of your way but not put under rugs
- ___ There are no wobbly chairs or tables which can be leaned upon
- ___ Rugs are secured on concrete, ceramic or marble floors
- ___ There are no loose wood floorboards that need repair
- ___ Furniture is firm, high and has armrests to assist in standing
- ___ A cordless phone is close by so there is no danger of hurrying to reach the phone

Kitchen Safety

- ___ There are no throw rugs
- ___ There is no liquid, grease or food spilled on the floor that needs to be cleaned up
- ___ Food, dishes, and cooking equipment are stored at an easy-to-reach, waist-high level
- ___ A step stool with a handrail is available to reach upper cabinets
- ___ Non-skid floor wax has been used on the floor
- ___ A counter-top toaster oven is available to avoid leaning over to or trying to reach an oven

Stairs

- ___ Stairways are well lit
- ___ Steps have stair treads
- ___ Stairways have a strong handrail, preferably on both sides

Carpet

- ___ Carpet is not patterned or deep pile
- ___ Carpet is a solid color to show the edges of steps more clearly
- ___ A brightly colored piece of tape is used if there is difficulty seeing the edge of the stairs