

# Home Fall Prevention and Safety Checklist

Use this checklist as you walk through your home to see if it's set up to help keep you from falling. If there are areas you're not sure about, look at the list of things you can do to make your home safer and prevent your risk of falls.

## Stairways and walkways

- ☐ Stairs are well-lit and free of clutter.
- ☐ Sturdy handrails are on both sides of your stairs.
- ☐ Sidewalks are level and clear of any debris, including leaves, ice, and snow.
- ☐ Wooden steps have a nonslip finish.

## Bathroom

- ☐ Night light is in your bathroom.
- ☐ Non-slip mats are in bathtub and shower.
- ☐ Sturdy grab bars are next to your bathtub and toilet.
- ☐ Toilet seat is at least 24 inches high. If not, install a raised toilet seat.
- ☐ A seat is in your bathtub or shower to make bathing and showering easier.
- ☐ Bathroom floor has a nonslip finish.

## Bedroom

- ☐ Night lights are in your bedroom and hallways.
- ☐ Telephone is near your bed.
- ☐ Flashlight is within easy reach.
- ☐ You have an exit route planned in case of fire.

## Living spaces

- ☐ Clutter is out of the way, such as stacks of magazines and newspapers.
- ☐ Furniture is arranged so you can move easily through the room.
- ☐ Floor coverings are nonslip and you have nonskid mats under throw rugs.
- ☐ Carpets lie flat on the floor.
- ☐ Carpets with thick, shag-type pile have been removed.
- ☐ Telephone and electrical cords are out of the way.
- ☐ Your address and phone number are written down near the phone.

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## **Safety settings and devices**

- ☐ Water heater is set to 120 - 125 degrees F to prevent burns.
- ☐ Smoke detectors are installed on every floor of your home.
- ☐ You change the alkaline battery in your smoke detector every year, and check it once a month. Lithium batteries last ten years.
- ☐ If you have a fireplace, there is a spark screen in front of it.

## **Kitchen**

- ☐ Cabinets are arranged so that common items are within easy reach.
- ☐ Thin rubber mats are placed in front of the sink and stove.
- ☐ Sturdy step stool is handy so that you can reach items in your cabinets.
- ☐ Knives and other sharp tools are stored in protective racks.
- ☐ Counter space around the stove is clear so you can put hot items down quickly.
- ☐ Kitchen timer is near the stove as a reminder to turn off the oven and burners.