

# ✓ Check for Safety

Half of all falls happen at home. Use this checklist to find and fix hazards found in each room.



## FLOORS:

Look at the floor in each room.

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

- Ask someone to move the furniture so your path is clear.

**Q: Do you have throw rugs on the floor?**

- Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

**Q: Are there papers, shoes, books, or other objects on the floor?**

- Pick up things that are on the floor. Always keep objects off the floor.

**Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?**

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

## STAIRS AND STEPS:

Look at the stairs you use both inside and outside your home.

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

- Pick up things on the stairs. Always keep objects off the stairs.

**Q: Are some steps broken or uneven?**

- Fix loose or uneven steps.

**Q: Are you missing a light or a light switch at the top or bottom of the stairs?**

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

**Q: Has a stairway light bulb burned out?**

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

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

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

**Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?**

- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.



Photo courtesy of Jake Pauls



## BATHROOMS:

Look at all your bathrooms.

**Q: Is the tub or shower floor slippery?**

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

**Q: Do you need some support when you get in and out of the tub or up from the toilet?**

- Have grab bars put in next to and inside the tub and next to the toilet.

## BEDROOMS:

Look at all your bedrooms.

**Q: Is the light near the bed hard to reach?**

- Place a lamp close to the bed where it's easy to reach.

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

- Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.



## KITCHEN:

Look at your kitchen and eating area.

**Q: Are the things you use often on high shelves?**

- Move items in your cabinets. Keep things you use often on the lower shelves (about waist high).

**Q: Is your step stool unsteady?**

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

**Contact your local community or senior center for information on exercise, fall prevention programs, or options for improving home safety.**

For additional information on fall prevention, please visit: [www.cdc.gov/injury](http://www.cdc.gov/injury)



Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control