

✓ 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



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