

Your At-Home Fall Prevention Checklist

Check As You Go

Bedroom

- Install nightlights
- Place a lamp within easy reach from the bed
- Put away items you can trip over

Kitchen

- Place items within easy reach
- Avoid standing on chairs or stools, or overextending to get something
- If you must use a step-stool, choose one that has a bar at the top for you to hold

Bathroom

- Install handrails or grab bars
- Install nightlights
- Install non-slip stickers or non-slip mats in your shower and tub
- Install adjustable height shower heads

Stairs & Walkways

- Install handrails on both sides of your stairwells
- Place light switches at the top and bottom of your stairwells.

- Remove items like unplugged cords, discarded clothing, kicked off shoes, and misplaced bags from hallways, stairs, and doorways.

Outdoor Areas

- Repair any holes or uneven surfaces, such as garden paths
- Fix loose stones, planks or bricks in outdoor areas, such as stairs or patios.

Floors & Rugs

- Make sure rugs and any flooring is fully secured to the ground
- Use non-slip floor wax for wooden floors

All Areas

- Mop up spills immediately
- Declutter!
- Add alarms or emergency aids to key areas of the home
- Use a cane or walker if needed
- Exercise to improve balance, strength and coordination
- Wear comfortable and supportive shoes when out
- Opt for non-slip soles (flip flops not ideal)

AlgaeCal

Sources:

https://eldercare.acl.gov/public/resources/brochures/docs/preventing_falls_brochure_pagebypage.pdf

<https://www.bones.nih.gov/health-info/bone/osteoporosis/fracture/prevent-falls-ff>