**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 nightlight
- [ ] 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

**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)

**Sources:**