



FALL PREVENTION

CHECKLIST



- ☐ 1. Always clear walk paths and repair as needed to prevent falls/trips.
- ☐ 2. Inspect and repair stairs or any unlevel area or change in height for safety and install rails or handrails.
- ☐ 3. Install non-skid material in high water areas such as bathtub or shower as well as under rugs.
- ☐ 4. Remove throw rugs used in high-traffic areas. Make sure the corners have non-skid material underneath to prevent slips and trips.
- ☐ 5. Install color contrast at top and bottom of stairs or at change in height of flooring.
- ☐ 6. Install adequate lighting in all areas of home indoors and outdoors and use nightlight in walk path from bedroom to bathroom and to kitchen.
- ☐ 7. Install grab bars or handrails in the bathroom for safety getting in and out of the tub or shower.
- ☐ 8. Use equipment in the bathroom where needed, such as over the toilet, to ensure safety and assistance transfers.
- ☐ 9. Have a physical therapy evaluation for fall prevention or home safety assessment for any needed equipment or gait or to assist in making other activities easier and safer.
- ☐ 10. Use a cane or walker for ambulation if you have balance problems or weakness.

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To learn more about fall prevention visit:
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