



FALL PREVENTION

YOUR AT-HOME 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 are not ideal)

Follow WRH Serving Seniors Facebook page
(facebook.com/WRHservingseniors).

To learn more about fall prevention visit:
aging.ohio.gov/wps/portal/gov/aging/care-and-living/health-and-safety/fall-prevention/10-big-steps-to-prevent-falls

