



# Fall Prevention Checklist

Use this checklist to find and correct the hazards that could trip you up. Each “no” answer indicates a need for change in your home or your habits.

<b>GETTING AROUND</b>	<b>Yes</b>	<b>No</b>
Do you take time to regain your balance when you sit up after lying down or when you stand up after sitting?		
Do you wear supportive, rubber-soled, low-heeled shoes? Do your slippers fit well and have soles that provide traction? (Avoid walking in stocking feet)		
If you feel dizzy from time to time, do you use a cane, walking stick, or walker?		
Do you watch for slippery pavement when walking outdoors and entering or leaving cars or buses?		
Are you alert to unexpected hazards in your path, such as out-of-place furniture, toys, or pets?		
Do you avoid walking on stairs or uneven surfaces in poorly lit public places such as theaters?		
When carrying bulky packages, do you make sure they don't block your view?		
Do you divide large loads into smaller loads, leaving one hand free to grasp handrails?		
Do you avoid rushing to answer the telephone or doorbell?		
Do you avoid rushing to cross streets, especially in wet or icy weather?		
Do you always use a step stool, never a chair, when you need to reach high places?		
Do you know how to reduce your chances of being injured once you have started to fall? (If not, discuss this with your doctor or a recommended physical therapist)		
If you live alone, do you make contact every day with a friend, relative, or neighbor? (If you were injured in a fall in your home and couldn't make contact, would someone check on you?)		
<b>LIVING AREAS</b>		
Can you turn on a light to avoid walking into a dark room?		
Does your favorite chair have armrests strong enough to help you get up and sit down?		
Can your chair and tables support your weight (and remain stable) if you lean on them?		
Are your small rugs and runners secured with carpet tape or non-skid backing?		
Do you use non-skid wax, or no wax at all, on polished floors?		
Are walkways kept clear of things that could trip you, such as cords, toys, or furniture?		
<b>BEDROOM</b>		
Do you keep a light or flashlight within easy reach of your bed?		

<b>BEDROOM</b>	<b>Yes</b>	<b>No</b>
Do you have a night-light that lights the way to your bathroom?		
<b>BATHROOM</b>		
Does your tub and shower have rubber mats, non-skid strips, or non-skid surfaces?		
Do you have a grab bar (not a towel rack) on the wall or side of the tub or shower? (If balance or weakness is a problem, you should use a bath seat.)		
Is the floor safe? (If it's slippery or has loose rugs or tiles, it's risky.)		
Can you get on and off the toilet easily and safely? (If not, you need to install a raised toilet seat and fix a grab rail into the wall next to the toilet or to the toilet itself.)		
<b>KITCHEN</b>		
Do you use a non-skid wax, no wax, or carpeting that is securely fastened to the floor?		
If you insist on using floor mats, do they have backings that grip?		
Can you reach the things you use most often without using a step stool?		
Is the lighting bright without creating a glare?		
<b>HALLS, STAIRS, AND ENTRANCES</b>		
Can you clearly see the outline of each step as you go up and down? Each step can be marked with brightly colored adhesive tape strips. Don't use shag carpet, deep-piled carpet, or carpets with busy patterns on stairs.		
Are there lights and light switches at both the top and bottom of the stairs?		
Do all stairs have securely fixed handrails on both sides? (Rails should extend beyond the top and bottom steps, and the ends should turn in.)		
Does your hand wrap easily and completely around the handrail? (Rails should be round and anchored one or two inches away from walls.)		
Are all rugs, carpets, and runners fastened down securely?		
Do stairs have even and level surfaces (no metal strips or rubber mats and no tilted steps)?		
Are stairs kept free of clutter?		
Are all outdoor stairs and walkways free from cracks, dips, and holes?		

**IF YOU DO FALL...**

If you are injured, call 911. Keep a telephone and emergency numbers on a low table that will be easy to reach if you fall and cannot get up.

Keep warm. If possible, cover up with a blanket, coat, or even a rug while waiting for help to arrive.

See a doctor. Even if you think you are all right, always see a doctor after a fall, especially if you don't know why you fell.



As we grow older, the consequences of a fall can become more serious. Broken bones are more likely to result and may lead to lifelong disabilities. Even if a fall doesn't result in injury, it may make us fear another fall and cause us to limit our lifestyles.

Most falls can be prevented, so use this checklist to help you avoid falls. If you need help with some changes, talk to a family member, friend, neighbor, senior organization, or church group.