



Falls Prevention Checklist

ON THE STAIRS

- Always keep objects off the stairs.
- Install handrails along the stairs and ensure they are secure.
- Install night lights with motion detect.
- Install non-slip tape on the stairs.
- Always wear well-fitted shoes or slippers. Wear low heels and non-slip soles.

OUTSIDE THE HOME

- In the fall, ensure water and leaves are swept up along the walk path.
- In winter, ensure that you salt the driveway and remove as much ice as best you can.
- Suggest that they stay indoors when the weather is extreme e.g. *slippery on excess snow or ice.*
- Offer to pick up the mail or walk the dog.

GENERAL TIPS

- Remove stools and step ladders; move things down from higher storage.
- Dispose of old chairs with no arm rests.
- If you have oxygen tubing, keep tubing away from feet when walking.
- Use stabilizing equipment like walkers and canes.

IN THE BATHROOM

- Ensure bathtub plug is easy to reach and use (attach a chain to spout).
- Install non-slip decals no more than 2" apart on bottom of tub.
- Remove slippery fabric mats / install non-slip mats if mats are desired.
- Install grab bars on toilets, tubs & showers (at least two bars in the tub). Ensure grab bars are secure and don't move when used.
- Consider installing shower seats and a hand-held shower.
- Consider installing a raised toilet seat.

FURNITURE

- Move furniture so it's not blocking walkways; also reroute electrical cords and other objects.
- Use night lights to maximize visibility; install lights around hallways and stairwells.
- Use chairs with arm rests.
- Remove scatter rugs or slippery fabric mats.
- Get up slowly from a laying or sitting position to prevent dizziness.