

# Fall Prevention Checklist

A room-by-room fall prevention checklist to help make a home safer for seniors and reduce the risk of falls.

## Lighting

- Add bright, even lighting in hallways, stairs, and entryways
- Place night lights along the path from the bed to the bathroom
- Put a lamp and a phone within reach of the bed
  - A touch or motion-sensor lamp avoids fumbling for a switch at night.
- Replace dim or burned-out bulbs promptly
- Add light switches at both the top and bottom of stairs
- Keep a working flashlight handy in case of a power outage

## Remove Trip Hazards

- Remove or secure loose throw rugs with non-slip backing
- Clear cords, shoes, and clutter from walkways and stairs
- Tape down or reroute electrical and phone cords along walls
- Keep frequently used items in easy-to-reach cabinets to avoid stools
- Fix loose floorboards, frayed carpet edges, and uneven thresholds
- Wipe up spills immediately and keep floors dry

## Grab Bars and Railings

- Install grab bars inside and just outside the shower or tub
- Add a grab bar beside the toilet
- Fit sturdy handrails on both sides of every staircase
  - Handrails should run the full length of the stairs and feel solid.
- Place a non-slip mat in the tub or shower
- Consider a shower chair and a raised toilet seat if standing is hard
- Add a handrail or ramp at exterior steps and entrances

## Safe Footwear and Clothing

- Wear well-fitting shoes with firm, non-slip soles indoors and out
- Avoid walking in socks alone, loose slippers, or backless shoes
- Choose clothing that does not drag on the floor or catch on furniture
- Keep a pair of supportive shoes by the bed for nighttime trips

## Vision and Health Checks

- Schedule regular eye exams and update glasses prescriptions
- Keep glasses clean and within reach
- Ask the doctor or pharmacist to review medications for dizziness side effects
- Check hearing, blood pressure, and any conditions that affect balance
- Stay hydrated, since dehydration can cause lightheadedness

## Strength and Balance

- Do doctor-approved strength and balance exercises regularly
- Use any prescribed cane or walker correctly and keep it nearby

- Stand up slowly to avoid sudden dizziness
- Stay active with safe, enjoyable movement to maintain mobility
- Keep a phone or alert device accessible in case of a fall
- Important: this checklist is general home-safety information, not medical advice; for a personal fall-risk assessment, follow the guidance of the older adult's doctor or physical therapist