

Checklist to help create a safer home

Steps for eliminating the most common causes of falls

We can't prevent every fall, but we can help reduce the likelihood of trips and slips that lead to them. Check off the items on this list to reduce fall hazards in the home.



In every room

- ☐ Create storage for shoes and other items so they aren't on the floor and underfoot.
- ☐ Remove or secure loose rugs and floor coverings, or replace with non-slip options.
- ☐ Run wires and cords under or behind furniture and place lamps and chargers near wall outlets.
- ☐ Install ceiling light fixtures in dark rooms, locating switches near the door.
- ☐ Use motion- and light-sensor nightlights to improve visibility any time of day.
- ☐ Position furniture and fixtures far enough apart to provide an easy path to doors and hallways.



In the bathroom

- ☐ Mount grab bars to reduce slips, improve balance and increase safety and security.
- ☐ Use a sturdy shower seat to lower the risk of losing your balance.
- ☐ Install a hand-held showerhead eliminates the need to reach overhead.



In the bedroom

- ☐ Declutter nightstands so items aren't knocked on the floor and to clear space for a lamp and a phone or personal emergency response system.
- ☐ Position walkers and canes at the foot of the bed so they're easy to access.



In the stairway

- ☐ Install a secured handrail at the proper height to provide support and improve balance.
- ☐ Keep items off the stairs so you can focus on the steps and reduce loss of balance from trying to avoid clutter.
- ☐ Add ceiling lights with switches at the top and bottom of the stairwell, or automatic light- and motion-sensor lights to ensure you can see where you're stepping.