

# Fall Prevention Checklist



Don't Let Falls Trip You Up!

## Areas Where Falls Typically Happen:

### Bathrooms

- Use non-slip mats in showers and bath areas
- Install grab bars near the toilet and in the shower
- Keep floors dry
- Utilize a shower chair
- Install a raised toilet seat

### Bedrooms

- Secure rugs and carpets
- Install nightlights
- Keep pathways clear of clutter and obstacles
- Keep a chair nearby for dressing
- Arrange furniture to allow easy movement

### Stairs & Steps

- Install handrails on both sides of stairs
- Keep stairs clutter-free
- Ensure adequate lighting at night
- Consider installing non-slip, rubber tread on stairs
- Wear supportive footwear

### Kitchen

- Keep floors clean and dry
- Store frequently used items within easy reach
- Use non-slip rugs or mats
- Avoid carrying heavy or bulky items that may obstruct your view
- Keep electrical cords away from walkways

### Outdoor Paths & Walkways

- Ensure pathways are clear of debris
- Repair any cracks or uneven surfaces on walkways
- Install handrails on slopes
- Use non-slip outdoor mats

***Remember to keep a phone and emergency contact list within reach at all times.***



For more information on fall safety, contact: