

Falls in the home are one of the top causes of injuries among older adults. Many of these injuries are caused by hazards in the home that are often overlooked. By spotting these hazards and taking steps to fix them, you can prevent injuries. Use this checklist to help reduce hazards around your home.

KITCHEN:

- ☐ Move items in your cabinets to keep things you use often on the lower shelves.
- ☐ If you must use a step stool, get one with a bar to hold on to. Never use a chair.

BATHROOMS:

- ☐ Put a non-slip rubber mat or self-stick strips on the floor on the tub or shower.
- ☐ Have grab bars installed inside the tub and next to the toilet.
- ☐ All small electrical appliances are away from sinks, tubs, and other sources of water.
- ☐ The bathroom floor is slip-resistant or covered with secure slip-resistant materials.

BEDROOMS:

- ☐ Place a lamp close to the bed where it's easy to reach.
- ☐ Use a night-light so you can see where you are walking.
- ☐ A flashlight is within reach of the bed in case of power outage.
- ☐ A telephone is within reach of the bed.

STAIRS AND STEPS:

- ☐ Pick up and keep items off the stairs.
- ☐ Fix loose or uneven steps.
- ☐ Have an electrician put an over-head light at the top and bottom of stairs with corresponding light switches.
- ☐ Have a friend or family member change burnt out light bulbs.
- ☐ Make sure the carpet is firmly attached to every step.
- ☐ Add non-slip rubber treads to stairs without carpet.
- ☐ Make sure there are handrails on both sides of the stairs and fix any loose handrails.

FLOORS:

- ☐ Move furniture so your path is clear.
- ☐ Remove throw rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- ☐ Pick up things that are on the floor and keep items off the floor.
- ☐ Coil or tape cords and wires next to the wall so that you don't trip over them.

GENERAL SAFETY:

- ☐ Install smoke and carbon monoxide alarms throughout your home.
- ☐ Have telephones positioned low enough to be able to reach if you have an accident and cannot stand.
- ☐ All rooms and walkways are well lit with appropriate watt bulbs.
- ☐ Keep fire extinguisher handy in case of a fire, especially in the kitchen.
- ☐ All medications are stored in child-resistance enclosures and are clearly marked.