



Be Safe – Prevent Falls Checklist

- ☐ Do regular exercise to improve strength and balance.
- ☐ Ask your care team if conditions you have or medications you take raise your risk for falls. Ask how to lower the risk.
- ☐ Install handrails on both sides of the stairs.
- ☐ Keep stair areas well lit. Install a switch at the top and bottom of the stairs.
- ☐ Make sure that carpet on stairs is nailed down securely.
- ☐ Keep stairs clear of clutter.
- ☐ Install grab bars in the shower, tub, and toilet area.
- ☐ Use a shower bench that has rubber tips on the legs.
- ☐ Before getting in the tub, test the bath water. Make sure it is not too hot.
- ☐ Use a bath mat with suction cups or use nonslip adhesive strips in the tub/shower.
- ☐ Don't use any loose area rugs.
- ☐ Keep lamp switches within easy reach.
- ☐ Arrange furniture so there is a clear path for walking.

- ☐ Test if furniture is sturdy enough to lean on.
- ☐ Clear away phone or electrical wires from walk paths.
- ☐ Use night lights.
- ☐ Only use step stools with handrails.
- ☐ Have snow and icy patches cleared from the sidewalk and steps.

Note: Let your health care team know if you have had a fall.

Other Home Safety Tips

- ☐ Keep emergency phone numbers posted.
- ☐ Stock first aid supplies.
- ☐ Never smoke in bed or when you feel drowsy. Better yet, don't smoke at all!
- ☐ Install smoke alarms. Check them every 6 months. Keep a fire extinguisher in the kitchen and garage.
- ☐ Install carbon monoxide detectors in your home and garage.
- ☐ If you use a space heater, make sure it has an emergency shut off.
- ☐ Plan an escape route in case of fire.

