



FLOORS: Look at the floor in each room.

- When you walk through a room, do you have to walk around furniture?***
Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor?***
Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?***
Pick up things that are on the floor. Always keep objects off the floor.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?***
Coil or tape cords and wires next to the wall so you won't trip over them. If needed, have an electrician put in another outlet.

STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

- Are there papers, shoes, books, or other objects on the stairs?***
Pick up things on the stairs. Always keep objects off stairs.
- Are some steps broken or uneven?***
Fix loose or uneven steps.
- Are you missing a light over the stairway?***
Have an electrician put in an overhead light at the top and bottom of the stairs.
- Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?***
Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
- Has the stairway light bulb burned out?***
Have a friend or family member change the light bulb.
- Is the carpet on the steps loose or torn?***
Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs?***
Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

KITCHEN: Look at your kitchen and eating area.

- Are the things you use often on high shelves?***
Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- Is your step stool unsteady?***
If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: Look at all your bathrooms.

- Is the tub or shower floor slippery?***
Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Do you need some support when you get in and out of the tub or up from the toilet?***
Have a carpenter put grab bars inside the tub and next to the toilet.

BEDROOMS: Look at all your bedrooms.

- Is the light near the bed hard to reach?***
Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark?***
Put in a night-light so you can see where you're walking. Some night-lights go on automatically after dark.

Other Things You Can Do to Help Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.

Checklist courtesy of the CDC: <http://www.cdc.gov/ncipc/pub-res/toolkit/checklistforsafety.htm>