

Hallways and Stairs Checklist

1. Is it dark in the stairwell?
Yes ____ No ____
It's important to have a light installed in the stairway with a light switch at the top and bottom of the stairs. Install nightlights.
2. Are handrails loosely attached to the wall?
Yes ____ No ____
Handrails should be sturdy and there should be a handrail on both sides of the stairs.
3. Do the floor coverings have frayed corners or rolled up edges?
Yes ____ No ____
Secure floor coverings tightly with double-faced adhesive tape or nails.

Bedroom Checklist

1. Is there a long reach from the bed to a light?
Yes ____ No ____
Moving the lamp closer to the bed or attaching a light to the headboard reduces the chances of falling.
2. Do you have to get out of bed or reach far to get to the telephone?
Yes ____ No ____
A longer phone extension cord or a cordless phone within easy reach of the bed can reduce the chances of falling.
3. Do you have to get out of bed or reach far to get eyeglasses?
Yes ____ No ____
Store eyeglasses within easy reach of the bed.
4. Are there telephone, light, or television cords running along the floor on the walkways?
Yes ____ No ____
Cords are a tripping hazard. Arrange furniture so outlets are available for lamps and appliances without the use of extension cords. If extension cords must be used, tape cords and wires to the wall or have an electrician install additional outlets.

5. Is there clutter (clothes, shoes, books, etc.) on the floor?
Yes ____ No ____
Remove clutter from walkways to reduce chances of tripping.
6. Is it common to get up many times during the night to use the bathroom?
Yes ____ No ____
The hallway to the bathroom should be lit with a nightlight and free from clutter. You may want to consider placing a portable commode near the bed to eliminate nighttime trips to the bathroom.

Living Areas Checklist

1. Do carpets, rugs, and floor coverings have frayed corners or rolled-up edges?
Yes ____ No ____
Remove damaged floor coverings or secure them well. It's important to have a flat, sturdy walkway.
2. Are there throw rugs in walkways?
Yes ____ No ____
The best thing to do is to remove throw rugs. The next best thing is to use a non-slip liner or put double-sided tape on them so they don't slip.
3. Are chairs and couches low to the ground?
Yes ____ No ____
Higher chairs and armrests are helpful in easing into a sitting position.
4. Do you have to get up to answer the phone?
Yes ____ No ____
Keep a phone close by to eliminate the need to get up quickly to answer the phone. It's important to keep a phone close to the floor in order to call for help in the event of a fall.
5. Do you have emergency numbers available by all phones?
Yes ____ No ____
6. Do you have to walk over/around cords or wires (extension cords, lamp cords, telephone cords)?
Yes ____ No ____

Cords are a tripping hazard. Arrange furniture so outlets are available without the use of extension cords. If extension cords must be used, tape cords and wires to the wall or have an electrician install additional outlets.

7. Are there newspapers, boxes, shoes, etc. on the floor?
Yes ____ No ____
Remove clutter from walkways to avoid tripping.
8. Do you need to walk around furniture to get through the living area?
Yes ____ No ____
It's best to have a straight path, clear of furniture. Rearrange furniture to provide for obstacle-free walking.
9. Do you have to reach up to pull cords to lights or ceiling fans?
Yes ____ No ____
Install longer cords or link ceiling lights/fans to a light switch on the wall to eliminate the need to look up and reach up.

Kitchen Checklist

1. Are there floor mats or rugs in the kitchen?
Yes ____ No ____
Remove throw rugs or secure them to the floor. Purchase rugs with slip-resistant backing.
2. Do you have to reach far, bend over or climb on a stool to get commonly-used kitchen items and foods?
Yes ____ No ____
Rearrange cupboards and drawers so that items used most often are waist high. Use a sturdy step stool with a bar to hold onto to reach items stored above the head. Never use a chair as a step stool.
3. Is there liquid, food, grease, or other clutter on the floor?
Yes ____ No ____
Sweep often and wipe up liquid immediately to reduce the chances of slipping.

Continued on back.

Bathroom Checklist

1. Is the path from the bedroom to the bathroom dark?
Yes ____ No ____
Nightlights can be helpful in lighting the way to the bathroom.
2. Are towel racks or objects other than grab bars used to balance or grab onto while getting in or out of the bathtub/shower?
Yes ____ No ____
Towel racks may not be mounted well enough to support a person's weight. Install grab bars in the appropriate places.
3. Is it difficult to stand during a shower?
Yes ____ No ____
A shower seat allows people to shower without getting tired of standing or risking a fall.
4. Is the shower floor and/ or bathtub slippery?
Yes ____ No ____
Install non-skid strips or a non-slip mat.
5. Is there any water on the floor after a bath/ shower? Are there leaks from the tub/shower?
Yes ____ No ____
Patch leaks with caulk or other appropriate materials. Wipe up water immediately to prevent slipping. Use a bath mat with a slip resistant backing.
6. Do you have to reach or turn around to get towels, shampoo and soap?
Yes ____ No ____
7. Is it difficult to get on and off the toilet?
Yes ____ No ____
It may be helpful to raise the seat and/or install handrails. Replace the toilet with a higher toilet and/or install handrails.

Porch, Yard, Outdoors Checklist

1. Is the path from the garage to the house dark or poorly lit?
Yes ____ No ____
Install a path of lights or overhead light that will help reduce the chance of falling. Sensor lights ("motion lights") mounted on the house or garage are helpful too because they turn on and off automatically.
2. Are there cracks or buckles on the sidewalks, walking paths?
Yes ____ No ____
Repair sidewalks and paths so that they are even. Flat, even surfaces help reduce the chances of falling.
3. Are there hoses, weeds, or other obstacles on the walkways?
Yes ____ No ____
Remove clutter and keep walkways weeded to eliminate tripping hazards.
4. Are there icy steps or walkways?
Yes ____ No ____
Shovel immediately after a storm and/or apply salt or sand on ice to reduce the chance of slipping.

THANK YOU for completing the
Fall Prevention Checklist.

We hope you will use the recommendations to reduce your chance of falling. Risk factors may change over time so please consider reviewing the checklist again in the future.

Our sincere thanks to the Minnesota Safety Council for their permission to use this checklist.

For More Information:

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Fall Prevention Checklist for Your Home



Use this checklist to spot possible fall hazards which may be present in your home. Check YES or NO to answer each question. Keep this checklist as a reminder of safe practices, and use it periodically to re-check your home.

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