

Checklist for preventing falls at home

Falls are often caused by hazards that are easy to overlook, but they can also be easy to fix. This checklist helps you find hazards in each room of your home and provides tips on how to fix the problem.

Rooms and areas to check for preventing falls at home:

Floors

- Move furniture so that your path through a room is clear.
- Remove throw rugs on floors, or use double-sided tape or a nonslip backing so the rugs won't slip.
- Pick up papers, books, shoes, boxes, or other things that are on the floor. Always keep objects off the floor.
- Coil or tape wires (such as extension cords or lamp or phone cords) next to the wall so you can't trip over them.

Kitchen

- Move items in your cabinets so that the things you use a lot are on the lower shelves (about waist level).
- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Bathroom

- Put a nonslip rubber mat or self-stick strips on the floor of the tub or shower.
- Have grab bars installed next to the toilet and inside the tub.

Bedrooms

- Place a lamp close to the bed where it's easy to reach.
- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark. You might also turn on an overhead light in the hallway or bathroom before you go to bed.

Stairs & Steps

- Pick up papers, shoes, books, or other items on the stairs. Always keep objects off the stairs.
- Fix loose, broken, or uneven steps.
- Make sure you have plenty of light in stairways. Have an electrician put in an overhead light at the top and bottom of the stairs. You can get light switches that glow.
- If you have burned out light bulbs in the stairway, have a friend or family member change them.
- Make sure that the carpet is firmly attached to every step, or you can remove the carpet and attach nonslip rubber treads to the stairs.
- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and span the full length of the stairs.



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