



**Down With Falls Coalition**  
**Orange County, CA**  
***“Leading the Way to Fall Prevention”***

## **FALL PREVENTION CHECKLIST**

**Check this list to help prevent falls. Most falls are preventable! Simple changes to your home and the way you do things can go a long way to preventing falls.**

**Call the Office on Aging for more information: **1-800-510-2020****

### **General Precautions**

- Flashlight in several locations around home
- Emergency plan in case you have a fall and can't get up (cell phone in pocket, emergency response system, key given to relative/neighbor)
- Know how to get up from the floor independently (crawling to chair)
- Do not rush and think about how you can do things more safely
- Watch where you are stepping and pay attention to your surroundings (clutter, uneven surfaces, pet under foot)
- Wear sturdy shoes that fully support the foot. Avoid sandals and flip-flops
- Light up your house, garage, and yard brightly

### **Kitchen**

- Floor surfaces are non-slip
- Spills are wiped up right away
- Frequently used items are placed on easy to reach shelves
- A reaching device is available to help you get lightweight items from high shelves (medical supply or pharmacy)
- Only use step stools made with sturdy grab rails and check distance from floor before stepping down
- Avoid sudden movements like turning/bending to reach for something or rushing to the stove or phone
- Table and chairs sturdy and secure – no rolling chairs
- Light level adequate for cooking

### **Interior Doors, Stairs, Halls**

- All rugs, carpets and flooring are securely attached to floor – no throw rugs or loose floor boards/tiles/carpet edges**
- Light switches are installed at top and bottom of stairs and all entry's**
- A contrasting color identifies all flooring and level changes (florescent tape works well).**
- Sturdy hand rails installed on all stairways**

### **Living room, Dining, Bedroom**

- Furniture allows for safe sit and stand (seat/bed height, hand rails)**
- Mobility aids used as needed to help you get around safely (contact medical supply company)**
- Furniture sized appropriately for home allowing for ample walking space**
- Light switch easily accessible from bed and chair.**
- Electrical and telephone cords tucked safely out of walking paths**

### **Bathroom**

- Toilet height allows for safe sit and stand**
- Sturdy grab bars installed both in and outside of tub and as side of toilet**
- Flooring is non-slip and/or non-slip mats are used**
- Non-slip surface or mats on tub/shower floors.**
- Bath seat or bench in tub or shower**

### **Exterior: Yards and Entry Ways**

- Hand railings at all entry/exit steps**
- Outside steps painted with mixture of sand and paint for better traction**
- Walk ways in good repair**
- Water hoses/gardening tools put away**
- Sidewalks dry and swept**
- Outdoor lighting bright. Motion detector lights installed.**