



Fall Prevention Checklist		Safe For Use	Needs Attention
Entrance			
Steps/thresholds	Ensure steps are even and not slippery; install handrails.		
Lighting	Adequate lighting at entry points; consider motion-sensor lights.		
Doormats	Ensure doormats are non-slip and secure.		
Living Room			
Flooring	Remove loose rugs or secure them with non-slip backing.		
Cords and cables	Keep cords and cables out of walking paths.		
Furniture placement	Arrange furniture to allow clear walking paths.		
Clutter	Keep floors free from clutter and obstacles.		
Kitchen			
Spills	Clean up spills immediately.		
Rugs	Use non-slip mats; secure edges of rugs.		
Step stools	Use sturdy step stools with handrails.		
Lighting	Ensure good lighting; use under-cabinet lights for better visibility.		
Utensils and appliances	Keep regularly used kitchen items within your height level (waist high recommended) to easily grab.		
Bathroom			
Wet surfaces	Use non-slip mats in the bathtub/shower and on the bathroom floor.		
Grab bars	Install grab bars in the shower and near the toilet.		

Lighting	Ensure adequate lighting; use night lights.		
Clutter	Keep floors and counters free from clutter. Use cabinet space and organizers.		
Stairs			
Handrails	Install sturdy handrails on both sides of stairs.		
Steps	Ensure steps are even and not slippery; mark edges for visibility.		
Lighting	Ensure staircases are well-lit.		
Clutter	Keep stairs free from objects and clutter.		
Bedroom			
Bed height	Ensure bed height is easy to get in and out of.		
Night lights	Use night lights to illuminate path to the bathroom.		
Rugs	Secure rugs with non-slip backing.		
Clutter	Keep floors free from clutter.		
Hallways			
Lighting	Ensure hallways are well-lit; use night lights.		
Flooring	Secure rugs and remove tripping hazards.		
Clutter	Keep hallways clear of obstacles.		
Footwear			
Fit	Shoes should fit well with enough room for toes to wiggle. Avoid shoes that are too tight or too loose. Ensure shoes have a snug heel fit.		
Support	Choose shoes with good arch support. Look for shoes with firm, cushioned soles. Ensure the shoes provide adequate ankle support.		
Grip	Select shoes with non-slip, rubber soles for better traction. Avoid smooth or worn-out soles. Ensure the tread pattern is suitable for the intended surface (e.g., indoor vs. outdoor).		
Security	Use shoes with secure fastenings such as laces, Velcro, or straps. Avoid slip-on shoes that can come off easily.		
Material	Opt for shoes made of breathable materials to prevent moisture buildup. Consider weather-appropriate materials (e.g., waterproof for rainy conditions).		

Heel Height	Choose shoes with low heels (less than 1 inch) and avoid overly thick soles.		
Condition	Regularly inspect shoes for signs of wear and tear. Replace shoes that have worn-out soles, damaged insoles, or loose stitching.		
Orthotics	Use orthotics or insoles for additional support. Consult with a specialist for the right support.		
General Tips			
Vision	<ul style="list-style-type: none"> ● Regular vision check-ups; use prescribed glasses. ● Use adequate lighting when reading, working, or performing any tasks. ● Follow the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds. 		
Medications	<ul style="list-style-type: none"> ● Review medications with a healthcare provider for side effects. ● Perform eye movement exercises, such as moving eyes up and down, left and right, and in circular motions. 		
Emergency response plan	<ul style="list-style-type: none"> ● Quickly assess the situation to determine if there are any injuries. Do not move if there appears to be an injury, especially if you suspect a head, neck, or back injury. Look for signs of injury such as cuts, bruises, swelling, or deformity. ● Call emergency services immediately. ● In the meantime, try calling for help nearby if a family member or neighbor is nearby. ● Note any potential hazards that contributed to the fall. Document the details of the fall, including time, location, and circumstances. ● Report the fall to family members, caregivers, or medical professionals. ● Note to keep phones and/or medical devices accessible in multiple areas of the home for easy access in an emergency. 		