

# PREVENTING FALLS: KEEPING YOUR HOME SAFE

Prevent falls with this simple home safety checklist

## FLOORS

- Keep floors clear of things that you can trip on such as books and shoes
- Make sure electrical cords are coiled up and out of the way
- Eliminate throw rugs

## STAIRS

- Have handrails on both sides of the stairs
- Make sure stairs are properly lit
- Fix loose or uneven steps
- Attach nonslip rubber treads to steps

## WALKWAYS & ENTRYWAYS

- Keep steps and walkways clear of ice, snow, newspapers and wet leaves
- Keep outdoor lights on in the evening and at night
- Consider having a handrail installed along your front walkway
- Have a sturdy chair in your entryway to help you put on and remove shoes and boots

## LIVING SPACE

- Leave generous space to move safely around furniture
- Ensure furniture and lamps are steady and stable

## BATHROOM

- Install grab bars next to toilets and inside showers
- Use a night light in the hallway and bathroom
- Use nonslip mats
- Consider using a shower chair

## KITCHEN

- Have everything you need within reach so you don't have to climb/reach
- Never use a chair as a step stool

