Fall Prevention Checklist

Ask a family member or friend to help you work through this list and check off all the ways you can make your home safe and help prevent falls.

Talk to a physiotherapist to see if a mobility aid such as a cane or walker would be right for you. If you have a cane or walker, ask your physiotherapist to go over the safety features and set the right height for you.

In your home

☐ Make sure all areas of your home are well lit.
☐ Have a lamp or light switch near your bed that you can reach easily without getting up. A “touch lamp” is a great idea.
☐ Have a night light in your hallways, bedroom and bathroom.
☐ Keep pathways to all your rooms free of clutter. This is very important if you use a walking aid.
☐ Take out small rugs and mats that are not fixed to the floor.
☐ Keep all electrical wires and telephone cords secured safely out of pathways.

Stairs

☐ Install handrails on both sides of your stairs. Make sure the handrail is as long as the stairs.
☐ Always keep stairs free of clutter.
☐ If you have stairs, make sure there is a light switch at the top and bottom of the stairs. Doors at the top of stairs should open toward you, not the stairs.
☐ Hire someone or ask a family member to fix loose or uneven steps and handrails.
☐ Make sure that carpet is firmly attached to the stairs or attach non-slip rubber treads on the stairs if there is no carpet.
☐ Hire someone or ask a family member to paint your outside steps with a mixture of sand and paint for better grip.
☐ Ask or hire someone to keep your walkways and outside steps clear of snow, ice, newspapers, and leaves.
☐ Always have a light on for your outdoor entrances and stairs.
**Kitchen**
- Keep things you use often in easy reach, either on lower shelves or on the counter. A long-handled reacher can be used to reach lighter items on higher surfaces. Do not climb to reach things.
- Plan your meals ahead of time. Think about using a meal delivery program or buy meals that are easy to make.
- If you use a walker, a tray attachment makes it easier and safer to carry things around your kitchen.

**Bathroom**
- Talk to your occupational therapist about safety equipment for the bathroom (e.g., grab bars, raised toilet seats, bath benches or seats).
- Have a non-slip rubber mat or non-slip adhesive strips put in your tub.
- If you have a hard time getting in or out of your tub, try sponge-bathing more often or asking for help.

**Clothing**
- Wear non-slip, low-heeled shoes, or slippers that fit well. Do not walk around in socks because they can be more slippery than shoes or slippers with a good sole.
- Wear clothes that will not get in the way of walking or moving. Dresses or pants that are too long can get in the way.

### Tips to prevent falls
- Use assistive devices and safety equipment as directed by your occupational therapist.
- Have your eyesight and hearing tested regularly.
- Review all your medications with your healthcare provider and/or pharmacist on a regular basis.
- Exercise regularly to improve your muscle strength, balance and coordination.
- Eat a well-balanced diet and be careful about how much alcohol you drink.
- Get up slowly after lying or sitting down. Take your time to make sure you are not dizzy before standing up.
- Don’t carry large or awkward things that can throw you off balance.
- Have your telephone or cell phone in easy reach. A cordless phone at your bedside is a good idea.
- Keep emergency numbers in large print next to each phone.
- Think about wearing an emergency response button.

**For more information about fall prevention, please talk to your occupational therapist or physiotherapist.**