

HOME

Fall Prevention

CHECKLIST

for Older Adults

For many older adults, falls often happen in the place they feel safest: *the home.*

In Ohio, a person 65 or older is injured in a fall every 2 minutes on average, resulting in an emergency room visit every 8 minutes, two hospitalizations per hour, and three deaths per day, according to [Steady U](#), an Ohio Department of Health initiative.

You can greatly reduce your risk of falling by identifying and remedying home falling hazards that are easy to overlook but even easier to fix. Use this checklist as your guide.

Outdoors



Arrange to have leaves, snow, and ice removed from outdoor stairs and walkways.



Locate any holes or uneven joints on walkways for repair.



Ensure handrails are not broken and are securely fastened.



Add lighting to poorly lit walkways and make sure lighting is working in the entryway.



Entryway & Stairs



Use entrance matting to minimize tracking of soil and water throughout the home.



Store shoes neatly away from the door.



Keep stairs clear of small objects like books, magazines, or newspapers; blankets; pet or children's toys; and towels.



Fix any loose or uneven steps or handrails.



If stairs are carpeted, ensure the carpet is not torn and is firmly attached to every step.



Install light switches at the top and bottom of stairs.



Family Room



Shift cramped furniture or other obstacles to create wide, clear pathways.



Keep floors clear of any small objects.



Coil or tape electronic wires and cords (like lamp, telephone, or extension cords) down next to the wall.



If you have hardwood floors, ensure all floor boards are even. Only use non-skid floor wax.



Remove loose rugs or use double-sided tape or non-slip backing to prevent rugs from slipping.



Hallways



Replace light bulbs with energy efficient LED light bulbs, which may last 40,000 hours longer than compact fluorescent light bulbs.



Use night lights to brighten paths that lack abundant overhead lighting.



Kitchen



Move any frequently used kitchen items to lower shelves.



If you must use a step stool, use one with a hand bar.
Never use a chair as a step stool.



Bedrooms



Place a lamp and phone close to the bed.



Use night lights to brighten your path from the bedroom to the bathroom.



Bathroom



Remove soap buildup in the tub or shower regularly.



Install grab bars inside the tub and next to the toilet.



Place a non-slip rubber mat or strips on the floor of the tub or shower.



Secure bath mats with double-sided tape or non-slip backing.



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