



Home Safety Checklist

Be a “Fall Detective”!

Use this checklist to help you make areas in your home safer.

Floors

- Are there papers, clothes, shoes, blankets, boxes, or other objects on the floor?
 - ☺ *If there is a lot of clutter, ask family or friends to help tidy up.*
- Do you have scatter rugs on the floor?
 - ☺ *Remove all scatter rugs.*
- Do you have to step over OR around cords or wires?
 - ☺ *Tape cords and wires next to the wall so you can't trip over them.*
- When you walk through a room do you have to walk around furniture?
 - ☺ *Ask someone to help move the furniture so you have a clear path.*

Bedrooms

- Is it difficult to get around the bedroom at night?
 - ☺ *Put a nightlight in your bedroom, in the hallway, and in the bathroom.*
 - ☺ *Have a lamp or light switch that you can easily reach without getting out of bed.*
 - ☺ *Keep a flashlight handy.*

Kitchen and Dining Area

- Are the things you use most often on high shelves?
 - ☺ *Move items in your cabinets that you use most often to the height of your waist.*
- When getting items off the top shelves do you stand on a chair or unsteady step stool?
 - ☺ *Buy a step stool with high and sturdy handrails.*



Bathrooms

- Is the tub or shower floor slippery?
 - ☺ *Put a non-slip rubber mat OR non-slip strips on the floor of the tub or shower.*
- Is the bathroom floor slippery OR do you have small rugs on the floor?
 - ☺ *Remove small rugs and use a non-slip mat beside the tub.*
- Do you feel unsteady when you get in or out of the tub OR up from the toilet?
 - ☺ *Have a grab bar put in next to the toilet and on the inside wall of the tub.*

Stairs and Steps

- Are papers, shoes, books, or other objects on the stairs ?
 - ☺ *Always keep objects off the stairs.*
 - ☺ *Keep outdoor steps free of ice and snow.*
- Are your stairs and steps poorly lit? Do you need to add more lighting?
 - ☺ *Have a friend or family member change any burnt out light bulbs.*
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs?
 - ☺ *Make sure there are sturdy handrails on both sides of the stairs.*
- Is there loose or torn carpet on the stairs OR are the stairs uneven or broken?
 - ☺ *Make sure that carpets are in good shape and firmly attached to every step.*
 - ☺ *Fix loose or uneven steps.*
 - ☺ *Put reflecting tape OR paint the edges of narrow or uneven steps in a bright color.*

Entrances and Outside Areas

- Do the driveway or sidewalks have bumps and cracks?
 - ☺ *Fill cracks and fix the bumps.*
- Are objects blocking walkways?
 - ☺ *Keep all walkways clear of garden tools or other objects.*
- Is it dark when you enter your house at night?
 - ☺ *Leave a light on OR have a motion sensing light installed outside your door.*

Thank you to the Burnaby Coalition to Prevent Falls, Simon Fraser Health Region, and the Saskatoon Falls Prevention Consortium, Saskatoon Health Region, for permission to adapt their Falls Prevention Programs.

