# How to Prevent Falls: A Home Safety Checklist

**Memorial Regional Trauma Center**

**Falls can cause serious injury.  Fortunately, most falls can be prevented. Use this checklist to find and fix all hazards in your home.**

| | No | Yes | If Yes, Ways to Fix the Hazards: | Repair Person (Ex: family, neighbor) |
|---|---|---|---|---|
| **BEDROOM** | | | | |
| Is it hard to reach a light from your bed? | ☐ | ☐ | • Place a lamp or flashlight close to the bed. | |
| Is the path from your bed to the bathroom dark or cluttered? | ☐ | ☐ | • Use a night light to create a well-lit-path.<br>• Keep the path clear of objects. | |
| **BATHROOM** | | | | |
| Is the tub or shower slippery? | ☐ | ☐ | • Place a nonslip mat or self-stick strip in the bathtub and/or shower floor. | |
| Do you need support taking a bath, showering, or using the toilet? | ☐ | ☐ | • Install grab bars next to tub/toilet.<br>• Use a shower chair, bath bench, or raised toilet seat. | |
| **KITCHEN and STORAGE** | | | | |
| Do you struggle to reach items you use often? | ☐ | ☐ | • Keep items you use often in easy to reach places.<br>• If you must store outside of reach, use a step stool with a support bar. Never stand on a chair. | |
| **FLOORS** | | | | |
| Are there throw rugs, cords, objects you might trip over, furniture, or uneven flooring? | ☐ | ☐ | • Get rid of throw rugs or secure them with double-sided tape.<br>• Coil or tape electrical cords next to the wall.<br>• Clear objects from the floor or ask someone to move furniture to clear a path.<br>• Fix uneven floors/replace missing tiles. | |
| Is the floor slippery? | ☐ | ☐ | • Clean up spills right away.<br>• Avoid waxing your floors. | |

| | No | Yes | If Yes, Ways to Fix the Hazards: | Repair Person (Ex: family, neighbor) |
|---|---|---|---|---|
| **STAIRS (IF ANY)** | | | | |
| Are there trip hazards on the stairs? | ☐ | ☐ | • Clear the stairs of objects.<br>• Secure any loose sections of carpet on the stairs.<br>• Fix loose hand-rails. | |
| Are the stairs hard to see? | ☐ | ☐ | • Install or replace lighting in stairwells.<br>• Place glow-in-the-dark tape on the edge of each step. | |
| **PETS (IF ANY)** | No | Yes | | |
| Are there pets in the home? | ☐ | ☐ | • Watch out for pets when you walk, especially at night.<br>• Keep dog beds, litter boxes, and other pet items out of the way. | |

# LOCAL SENIOR RESOURCES

| Organization | Number |
|---|---|
| Agency on Aging (ADRC) | 954-745-9567 |
| Broward Help Line | 211 |
| Community Care for the Elderly Program | 954-357-6622 |
| Department of Children and Families (SNAP and Medicaid) | 1-850-300-4323 |
| Elder Affairs | 954-745-9779 |
| Elder Helpline | 1-800-963-5337 |
| Meals on Wheels | 954-731-8770 |

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