

Home Safety Checklist for Fall Hazards

This room-by-room checklist highlights possible fall hazards. If you mark “Yes” to any of these questions, consider the suggestions to help reduce your chances of falling.

Bathroom

| Possible Hazard | Yes | Suggestions |
|---|-----|---|
| Is the path from the bedroom to the bathroom dark? | | Nightlights can be helpful in lighting the way. |
| Are towel racks used to balance or grab onto while getting in or out of the bathtub/shower? | | Towel racks may not be mounted well enough to support a person’s weight. Install grab rails in the appropriate places. |
| Is it difficult to stand during a shower? | | A shower seat allows older adults to shower without getting tired of standing or risking a fall because of dizziness. |
| Is the shower floor and/or bathtub slippery? | | Install non-skid strips or a non-slip mat. |
| Is there any water on the floor after a bath/shower? Are there leaks from the tub/ shower? | | Patch leaks with caulk or other appropriate materials. Wipe up water immediately to prevent slipping. Use a bath mat with a slip resistant backing. |
| Is it necessary to reach far or turn around to get towels, shampoo, and soap? | | A shower/bath storage unit that attaches to the side of the tub or shower wall can reduce the need to reach or turn around to get things. |
| Is it difficult to get on and off the toilet? | | It may be helpful to raise the seat and/or install handrails. Replace the toilet with a higher toilet and/or install handrails. |

Bedroom

| Possible Hazard | Yes | Suggestions |
|--|-----|--|
| Is there a long reach from the bed to a light? | | Moving the lamp closer to the bed or attaching a light to the headboard reduces the chances of falling. |
| Is it necessary to get out of bed or reach far to get to the telephone? | | A longer phone extension cord or a cordless phone within easy reach of the bed can reduce the chances of falling. |
| Is it necessary to get out of bed or reach far to get eyeglasses? | | Store glasses within reach of the bed. |
| Are there telephone, light, or television cords running along the floor on the walkways? | | Cords are a tripping hazard. Reroute cords so they do not cross walking paths and/or get an electrician to install additional outlets. |
| Is there clutter (clothes, shoes, books, etc.) on the floor? | | Remove clutter from walkways to reduce the chances of tripping over it. |
| Is it common to get up many times during the night to use the bathroom? | | Place a portable commode near the bed to eliminate nighttime trips to the bathroom. |

Kitchen

| Possible Hazard | Yes | Suggestions |
|--|-----|--|
| Are there floor mats or rugs in the kitchen? | | Remove throw rugs or secure them to the floor with slip-resistant backing. |
| Is it necessary to reach far, bend over, or climb on a stool to get commonly-used kitchen items and foods? | | Rearrange cupboards and drawers so that items used most often are waist high. Use a sturdy step stool with a grab bar to reach items stored overhead. Never use a chair as a step stool. |
| Is there liquid, food, grease, or other clutter on the floor? | | Sweep often and wipe up liquid immediately to reduce the chances of slipping. |

Living Areas

| Possible Hazard | Yes | Suggestions |
|---|-----|--|
| Do carpets, rugs, and floor coverings have frayed corners or rolled-up edges? | | Remove damaged floor coverings or secure them well with double-sided tape, nails, etc. It's important to have a flat, sturdy walkway. |
| Are there throw rugs in walkways? | | The best thing to do is to remove throw rugs. Put double-sided tape on them so they don't slip. |
| Are chairs and couches low to the ground? | | Higher chairs and armrests are helpful for easing into a sitting position. |
| Is it necessary to get up to answer the phone? | | Keep a phone nearby so you don't have to get up quickly if the phone rings. Cordless phones are helpful. Keep a phone close to the floor in order to call for help in the event of a fall. |
| Do you have to walk over or around electrical cords or wires? | | Tape cords and wires to the wall or have an electrician install additional outlets. |
| Are there newspapers, boxes, shoes, etc. on the floor? | | Remove clutter from walkways to avoid tripping. |
| Do you need to walk around furniture to get through the living area? | | It's best to have a straight path, clear of furniture. Rearrange furniture to provide for obstacle-free walking. |
| Do you have to reach up to pull cords to lights or ceiling fans? | | Install longer cords or link ceiling lights/fans to a light switch on the wall to eliminate the need to look and reach up. |

October is National Physical Therapy Month!



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