

**HOPE THERAPY CENTER**  
**FALL PREVENTION IN THE HOME**  
**CHECKLIST**

**FLOORS:**

- Keep floors in good repair. Frayed carpet and loose boards or tiles can be easily overlooked until causing a fall.
- Create a clear path to walk around furniture in each room.
- Remove throw rugs or use only those heavy enough to lie flat. To prevent skidding, hold rugs down with non-slip backing, double sided tape or nails.
- Keep floors clear of papers, books, magazines, boxes, blankets, towels, shoes, toys and other objects.
- Do not stretch wires or cords across walkways. Coil or tape them against the wall, or have an electrician install another outlet.

**STAIRS:**

- Fix loose or uneven steps and fasten stair coverings securely.
- Take care when walking down carpeted steps that tend to be slippery when descending, especially when wearing socks or slippers.
- Keep stairways well lit. Have a light switch installed at the top and bottom of the stairway.
- Have sturdy handrails installed on both sides of your stairs.
- Put white stripes on the front edges of steps, attach non-slip rubber treads to stairs or mix sand with paint to create grip on outside stairs.
- Keep stairs free of objects at all times.
- Take extra care when wearing high heels, slippers, long dresses or robes.
- Take your time going up or down stairs.

**KITCHEN:**

- Move items you use often to waist level shelves.
- When necessary, use a step stool with a bar to hold on to.
- Beware of children and pets underfoot in working areas.

**BATHROOMS:**

- Use non-slip rubber mats on slippery floors and self-stick strips on the bottom of the tub or shower.
- Have grab bars installed in the tub and toilet areas.

**BEDROOMS:**

- Create a clear path from your bedroom to the bathroom.
- Place a nightlight to illuminate this path.
- Place a lamp where it is easy to reach from your bed.

**CHILDREN'S AREAS:**

- Use safety gates at the top and bottom of stairways.
- Install window guards to keep children from falling out. Children often lean on screens that are not attached securely or may fall out of windows open only five inches.
- Use shock absorbing surfaces in children's play areas.
- Teach children to pick up their toys.

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