

# Use this checklist to identify and remove hazards at home that increase the risk of falls.

#### Shoes

□ Wear low-heeled, non-skid, supportive shoes that can be firmly fastened.

#### Floors

- Remove throw rugs and secure loose carpets.
- □ Keep walkways clear of clutter.
- Tape cords and wires next to the wall so you don't trip over them.

#### **Steps and Stairways**

- □ Fix loose handrails or have new ones installed on both sides of the stairs.
- □ Fix loose or uneven steps.
- □ Make sure stairways have good lighting.
- Place light switches at the top and bottom of the stairs.
- □ Keep stairs free of clutter.
- Paint the top edge of steps a contrasting color to make them easier to see.

#### Bathroom

- Place a nonskid rug in front of your tub or shower.
- Install wall bars inside the shower or tub, and next to the toilet.
- Use a shower chair and a handheld showerhead.
- Use a nonskid bathmat or adhesive strips in the tub or shower
- □ Install night lights.

### Lighting

- Make sure stairways, halls and walkways are well lit.
- Put lamp and light switches where they are easy to reach.

#### Living room/bedroom/kitchen

- Use furniture that is easy get in and out of (knee height or higher).
- Rearrange the room to create clear walking spaces.
- Keep frequently used items within easy reach.
- Keep a phone and light/flashlight within reach on the bedside table.
- □ Install night lights in your bedroom.
- Keep the floor clear from bedding on all sides.



For more information about what YOU can do to prevent falls visit <u>doh.wa.gov/findingourbalance</u>.

## Washington State Department of HEALTH

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