

CHECKLIST FOR PREVENTING FALLS AT HOME

Falls are often caused by hazards that are easy to overlook. However, these hazards can also be easy to fix. This checklist helps you find hazards in each room of your home, and it gives tips on how to fix the problem.

HEALTH NOTES



For more information

Visit kp.org/health

- Read about preventing falls in the Health Encyclopedia.

kp.org/healthyaging

- Tips on how to live a healthy life as you age.

Call Kaiser Permanente Medical Advice

- Talk to your medical advice nurse 24 hours a day, 7 days a week by calling **(703) 359-7878** or **1-800-777-7904**.
TTY: **(885) 632-8278**.

Rooms and areas to check for preventing falls at home

Floors

- Move furniture so that your path through a room is clear.
- Remove throw rugs on floors, or use double-sided tape/nonslip backing so the rugs won't slip.
- Clear objects (papers, books, shoes, boxes, etc) from the floor.
- Coil or tape wires (such as extension cords or lamp or phone cords) to the baseboard so you can't trip over them. Purchase a power strip for additional outlets.

Stairs and steps

- Always keep objects off stairs.
- Fix loose, broken, or uneven steps.
- Make sure you have plenty of light on the top and bottom of stairways. Install an overhead light at the top and bottom of the stairs. You can also try getting light switches that glow.
- Have a friend or family member safely replace burned out light bulbs in stairways.
- Make sure that the carpet is firmly attached to every step. For hardwood floors, use nonslip rubber treads.
- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and span the full length of the stairs.

Kitchen

- Place commonly used items on a lower shelf.
- For items rarely used, make sure step stool is stable and brace it against a counter or wall.
- Never use a chair as a step stool.

Bathroom

- Put a nonslip rubber mat or self-stick strips on the floor of the tub or shower.
- Consider installing grab bars inside the tub and next to the toilet.

Bedrooms

- Place a lamp close to the bed where it's easy to reach.
- Use a night-light to improve visibility at night. Consider leaving the hallway or bathroom light on before bed.

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0038-0359 Revised/reprinted 7/17 Mid-Atlantic Permanente Medical Group, 2101 E. Jefferson St., Rockville, MD 20852