Hallways and Stairs Checklist
1. Is it dark in the stairwell?
   Yes ____  No ____
   It's important to have a light installed in the stairway with a light switch at the top and bottom of the stairs. Install nightlights.

2. Are handrails loosely attached to the wall?
   Yes ____  No ____
   Handrails should be sturdy and there should be a handrail on both sides of the stairs.

3. Do the floor coverings have frayed corners or rolled up edges?
   Yes ____  No ____
   Secure floor coverings tightly with double-faced adhesive tape or nails.

4. Is there clutter (clothes, shoes, books, etc.) on the floor?
   Yes ____  No ____
   Remove clutter from walkways to reduce chances of tripping.

5. Is it common to get up many times during the night to use the bathroom?
   Yes ____  No ____
   The hallway to the bathroom should be lit with a nightlight and free from clutter. You may want to consider placing a portable commode near the bed to eliminate nighttime trips to the bathroom.

Living Areas Checklist
1. Do carpets, rugs, and floor coverings have frayed corners or rolled-up edges?
   Yes ____  No ____
   Remove damaged floor coverings or secure them well. It's important to have a flat, sturdy walkway.

2. Are there throw rugs in walkways?
   Yes ____  No ____
   The best thing to do is to remove throw rugs. The next best thing is to use a non-slip liner or put double-sided tape on them so they don't slip.

3. Are there telephone, light, or television cords running along the floor on the walkways?
   Yes ____  No ____
   Cords are a tripping hazard. Arrange furniture so outlets are available for lamps and appliances without the use of extension cords. If extension cords must be used, tape cords and wires to the wall or have an electrician install additional outlets.

4. Do you have emergency numbers available by all phones?
   Yes ____  No ____
   Keep a phone close by to eliminate the need to get up quickly to answer the phone. It's important to keep a phone close to the floor in order to call for help in the event of a fall.

5. Do you have to walk over/around cords or wires (extension cords, lamp cords, telephone cords)?
   Yes ____  No ____
   Sweep often and wipe up liquid immediately to reduce the chances of slipping.

   Continued on back.
Falls can trip up people of all ages, but according to the American Academy of Orthopaedic Surgeons, most falls happen in the home to people age 65 and older during everyday activities. Eight out of 10 of those killed by falls are over age 65 and falls are the leading cause of injury-related death among the very elderly, those over age 80. Falls are also the leading cause of injury and hospital admission for older adults.

Use this checklist to spot possible fall hazards which may be present in your home. Check YES or NO to answer each question. Keep this checklist as a reminder of safe practices, and use it periodically to re-check your home.

Bathroom Checklist
1. Is the path from the bedroom to the bathroom dark?
   Yes _____  No _____
   Nightlights can be helpful in lighting the way to the bathroom.

2. Are towel racks or objects other than grab bars used to balance or grab onto while getting in or out of the bathtub/shower?
   Yes _____  No _____
   Towel racks may not be mounted well enough to support a person’s weight. Install grab bars in the appropriate places.

3. Is it difficult to stand during a shower?
   Yes _____  No _____
   A shower seat allows people to shower without getting tired of standing or risking a fall.

4. Is the shower floor and/or bathtub slippery?
   Yes _____  No _____
   Install non-skid strips or a non-slip mat.

5. Is there any water on the floor after a bath/shower? Are there leaks from the tub/shower?
   Yes _____  No _____
   Patch leaks with caulk or other appropriate materials. Wipe up water immediately to prevent slipping. Use a bath mat with a slip resistant backing.

6. Do you have to reach or turn around to get towels, shampoo and soap?
   Yes _____  No _____

7. Is it difficult to get on and off the toilet?
   Yes _____  No _____
   It may be helpful to raise the seat and/or install handrails. Replace the toilet with a higher toilet and/or install handrails.

Porch, Yard, Outdoors Checklist
1. Is the path from the garage to the house dark or poorly lit?
   Yes _____  No _____
   Install a path of lights or overhead light that will help reduce the chance of falling. Sensor lights (“motion lights”) mounted on the house or garage are helpful too because they turn on and off automatically.

2. Are there cracks or buckles on the sidewalks, walking paths?
   Yes _____  No _____
   Repair sidewalks and paths so that they are even. Flat, even surfaces help reduce the chances of falling.

3. Are there hoses, weeds, or other obstacles on the walkways?
   Yes _____  No _____
   Remove clutter and keep walkways weedless to eliminate tripping hazards.

4. Are there icy steps or walkways?
   Yes _____  No _____
   Shovel immediately after a storm and/or apply salt or sand on ice to reduce the chance of slipping.

THANK YOU for completing the Fall Prevention Checklist.

We hope you will use the recommendations to reduce your chance of falling. Risk factors may change over time so please consider reviewing the checklist again in the future.

Our sincere thanks to the Minnesota Safety Council for their permission to use this checklist.

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