wellabe®
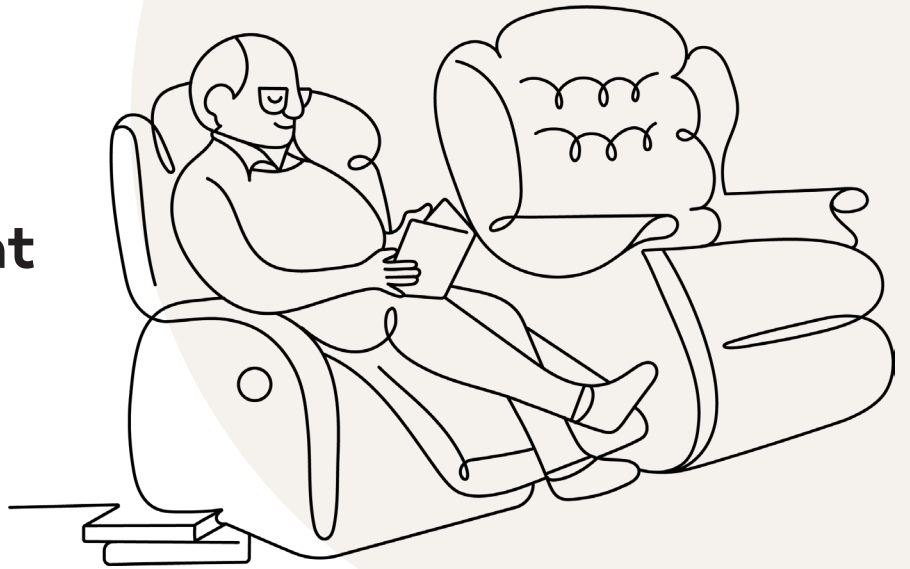
Checklist to prevent falls in your home

1. Add motion-sensor lighting to every entrance.

2. Set a table near the door to collect items upon entry.

3. Place items, such as dishes, food, toiletries, and medications, easily within reach in each room.

4. Look for tripping hazards that can lead to falls, like rug edges sticking up, exposed cords, or narrow walking spaces between furniture. Remember to place rubber backs on rugs to stop slippage.

5. Eliminate as much clutter as possible throughout the home, especially in hallways.

6. Examine stairs for proper lighting and potential hazards. Place tape in a contrasting color on each step so it's easy to see where each step ends. Add a carpet runner, rubber tread covers, or a paint with sand in it to create a nonskid surface.

7. Consider installing a second handrail on stairs for stability on both walls.

8. Eliminate the need to go upstairs repeatedly by keeping all daily activities on the first level.

9. Clear the path from the bed to the bathroom.

10. Add night-lights to easily find the bathroom at night.

11. Install a rail on the bed, especially if dizziness is a problem.

12. Place a rubber mat on the bottom of the bathtub or shower.

13. Install a rail in the bathtub or shower. Use a shower chair and a handheld shower nozzle.

14. Install a grab bar or attach a raised seat with handles to the toilet to assist with standing.

15. Wear sensible footwear and properly fitting clothing that won't drag on the floor around the house.

Find more ideas online
For more advice, visit wellabe.com/prepared.