



Down With Falls Coalition
Orange County, CA
“Leading the Way to Fall Prevention”

FALL PREVENTION CHECKLIST

Check this list to help prevent falls. Most falls are preventable! Simple changes to your home and the way you do things can go a long way to preventing falls.

Call the Office on Aging for more information: **1-800-510-2020**

General Precautions

- Flashlight in several locations around home
- Emergency plan in case you have a fall and can't get up (cell phone in pocket, emergency response system, key given to relative/neighbor)
- Know how to get up from the floor independently (crawling to chair)
- Do not rush and think about how you can do things more safely
- Watch where you are stepping and pay attention to your surroundings (clutter, uneven surfaces, pet under foot)
- Wear sturdy shoes that fully support the foot. Avoid sandals and flip-flops
- Light up your house, garage, and yard brightly

Kitchen

- Floor surfaces are non-slip
- Spills are wiped up right away
- Frequently used items are placed on easy to reach shelves
- A reaching device is available to help you get lightweight items from high shelves (medical supply or pharmacy)
- Only use step stools made with sturdy grab rails and check distance from floor before stepping down
- Avoid sudden movements like turning/bending to reach for something or rushing to the stove or phone
- Table and chairs sturdy and secure – no rolling chairs
- Light level adequate for cooking

Interior Doors, Stairs, Halls

- All rugs, carpets and flooring are securely attached to floor – no throw rugs or loose floor boards/tiles/carpet edges**
- Light switches are installed at top and bottom of stairs and all entry's**
- A contrasting color identifies all flooring and level changes (florescent tape works well).**
- Sturdy hand rails installed on all stairways**

Living room, Dining, Bedroom

- Furniture allows for safe sit and stand (seat/bed height, hand rails)**
- Mobility aids used as needed to help you get around safely (contact medical supply company)**
- Furniture sized appropriately for home allowing for ample walking space**
- Light switch easily accessible from bed and chair.**
- Electrical and telephone cords tucked safely out of walking paths**

Bathroom

- Toilet height allows for safe sit and stand**
- Sturdy grab bars installed both in and outside of tub and as side of toilet**
- Flooring is non-slip and/or non-slip mats are used**
- Non-slip surface or mats on tub/shower floors.**
- Bath seat or bench in tub or shower**

Exterior: Yards and Entry Ways

- Hand railings at all entry/exit steps**
- Outside steps painted with mixture of sand and paint for better traction**
- Walk ways in good repair**
- Water hoses/gardening tools put away**
- Sidewalks dry and swept**
- Outdoor lighting bright. Motion detector lights installed.**