



SENIOR FALL PREVENTION CHECKLIST



Every 11 seconds an older adult is treated in the emergency room for a fall. Fall prevention starts with addressing potential fall hazards. Use the checklist below to help you identify hazards in your home so you can make positive changes to prevent an injury from occurring.

Daily Tips

- Stay hydrated and eat small meals frequently throughout the day.
- Understand your medications and the potential side effects they can have.
- Exercise regularly to improve your balance and strength.
- Wear sturdy shoes and avoid wearing worn out soles, smoother leather or plastic soles, heavy rubber soles, or shoes with flimsy construction.
- Consider purchasing and wearing a fall detection device, especially if you live alone.
- Stay up to date with your doctors' appointments and get your eyes checked regularly.

Fall Prevention in the bathroom (80% of falls occur here)

- Install bathtub/shower grab bars to help with getting in and out of the tub.
- Use towel bars, sink tops, or other objects to support balance while walking.
- Use a bath chair with a non-slip seat to prevent falling while showering.
- Install a hand-held shower nozzle for bathing while sitting down.
- Use a bath transfer bench with non-slip seat and feet to help you get into and out of the bathtub and shower.

Fall Prevention in the kitchen

- Rearrange cabinets and drawers so items used most often are within easy reach.
- Have a sturdy step stool with a grab bar, never a chair, for reaching overhead items.
- Immediately clean up any messes and spills.

Fall Prevention in walking areas

- Keep stairs and walkways clear.
- Remove any items in high-traffic areas.
- Replace throw rugs with non-slip rugs.
- Remove electrical cords from walkways, avoid placing them under rugs or behind furniture.
- Install easy to grip handrails and nonslip treads around the home.
- Install nonslip stair treads to reduce the risk of falls by adding extra traction that won't slip or slide from under your feet.

Fall Prevention at night

- Use night lights or a flashlight to light the path between your bedroom and bathroom.
- Use motion sensor lights in regular traffic areas.