

Fall-Proofing Your Home

Safety Checklist

| | | |
|-----------------------|---------------|--|
| Location in Your Home | Check one (✓) | Please answer the following questions in each category |
|-----------------------|---------------|--|

Bathroom



| Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a non-slip mat in the tub? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a grab bar installed in the tub area? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a non-slip mat beside the tub? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are floors kept dry? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you use non-slip wax (or no wax) on floors? |

Kitchen



| Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are floors kept clean and dry? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do rugs and mats have a non-slip backing? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have and use a sturdy step stool to reach upper shelves? |

Bedroom



| Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are floors kept free of clothing, shoes and clutter? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you use a night light or other source of light if you get up at night? |

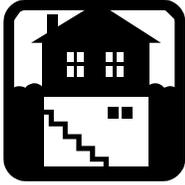
Halls and Stairs



| Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are rugs on the stairs or in the hall tacked down? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do scatter rugs have a non-slip backing? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are halls and stairwells well lit? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are steps, stair coverings and railings kept in good repair? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do all stairways have a sturdy handrail on both sides? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are stairs kept clear of loose objects and clutter? |

(please turn over)

Basement



- | Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Is the basement area well lit (including stairs)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a sturdy handrail on the stairs (preferably on both sides)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the basement floor kept free of laundry, tools, etc.? |

Entrances



- | Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are sidewalks, steps, porches and entries kept free of clutter, ice and water? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are sidewalks, steps, porches and entries kept in good repair? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the entry well lit (including steps)? |

Outdoor Areas



- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are garden tools stored away after use? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are broken sidewalks and driveways repaired promptly? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are ladders kept in good repair? |

Handout adapted from the Saskatchewan Coalition for Fall Prevention Among Seniors (2000)
 August 2006

Saskatoon Falls Prevention Consortium

