

FALL PROOF CHECKLIST

STAIRS & WALKWAYS

- ☐ Make sure there is adequate lighting
- ☐ Install a second handrail for additional support
- ☐ Don't leave items on stairs
- ☐ Tack down any loose edges of carpet

BATHROOM

- ☐ Install grab bars; One by the toilet, One in Shower
- ☐ Use a nonstick bathmat for the tub
- ☐ Make sure you also have traction outside the tub
- ☐ If necessary, get a shower chair

KITCHEN

- ☐ Are paths wide enough for a walker?
- ☐ Keep floors dry, mop spills quickly
- ☐ No extension cords in the walking path
- ☐ Grabber for reaching items on high shelves

LIVINGROOM

- ☐ Floor clutter is a falling risk for seniors
- ☐ Remove small throw rugs, secure area rugs
- ☐ Keep an easy flow of furniture in mind
- ☐ Be sure pets aren't getting under-foot