

Fall Prevention Checklist

Do you have hazards in or around the home that could cause you to fall?
Ask yourself these questions.

	Yes	No
When you walk through a room, do you have to walk around furniture?		
Do you have throw rugs on the floor?		
Are there papers, books towels, shoes magazines, boxes, blankets or other objects on the floor?		
Do you walk over or around wires or cords?		
Are there papers, shoes, books or other objects on the stairs?		
Are the stairs well lit?		
Is the carpet on the steps loose or torn?		
Are there handrails? Are they sturdy?		
Are any steps broken or uneven?		
Are things you use often easy to reach?		
Is your step stool unsteady?		
Is the tub or shower floor slippery?		
Do you need some support when you get in and out of the tub or up from the toilet?		
Is there a light near the bed? Is it easy to reach?		

Look at your answers. Take action today to reduce your risk of home falls.

More tips for home safety are found at:

www.cdc.gov/ncipc/pub-res/toolkit/checklistforsafety.htm

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