


Falls Prevention Seniors Checklist

This **Falls Prevention Seniors Checklist** is a practical tool to systematically assess and improve safety for seniors. Check off each item as you complete it to ensure a comprehensive approach to fall prevention. Print this page or save it for regular review. 



Home Safety Checklist

Tripping Hazards

- ☐ Clear clutter from walkways and high-traffic areas
 - ☐ Secure loose rugs with double-sided tape or non-slip rug pads
 - ☐ Remove unnecessary cords and cables from walkways
 - ☐ Organize electrical cords along walls or under furniture
 - ☐ Check for uneven flooring or broken tiles
 - ☐ Remove or secure throw pillows and cushions from pathways
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Lighting

- ☐ Install brighter bulbs (at least 60 watts) in hallways
 - ☐ Install brighter bulbs in stairways
 - ☐ Install brighter bulbs in bathrooms
 - ☐ Add motion-sensor night lights for nighttime visibility
 - ☐ Ensure light switches are easily accessible
 - ☐ Test all lights regularly for proper function
 - ☐ Consider adding task lighting in work areas
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Bathrooms

- ☐ Install grab bars near toilets
- ☐ Install grab bars in showers
- ☐ Install grab bars along bathtubs
- ☐ Use non-slip mats in bathrooms
- ☐ Apply non-slip treads on shower floors

- ☐ Ensure bathroom ventilation to prevent moisture buildup
 - ☐ Keep medications and cleaning supplies securely stored
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Stairs & Handrails

- ☐ Ensure handrails are sturdy on both sides of staircases
 - ☐ Check that handrails are securely fastened
 - ☐ Mark stair edges with bright tape for visibility
 - ☐ Ensure adequate lighting on all stairs
 - ☐ Remove clutter from stairs
 - ☐ Consider installing stair gates if needed
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Non-Slip Surfaces

- ☐ Use non-slip mats in bathrooms
 - ☐ Apply non-slip treads on stairs
 - ☐ Use non-slip mats on slippery floors
 - ☐ Check kitchen floors for spills or hazards
 - ☐ Apply non-slip coating to outdoor steps if applicable
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Organization & Accessibility

- ☐ Keep frequently used items within easy reach (waist to shoulder height)
 - ☐ Avoid storing items on high shelves that require stretching
 - ☐ Avoid storing items on low shelves that require bending
 - ☐ Use step stools with handrails for reaching high items
 - ☐ Label storage areas clearly
 - ☐ Keep emergency contact numbers easily accessible
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General Safety

- ☐ Test smoke detectors monthly
 - ☐ Change smoke detector batteries annually
 - ☐ Test carbon monoxide detectors monthly
 - ☐ Inspect electrical outlets for damage or overloading
 - ☐ Ensure fire extinguishers are accessible and up-to-date
 - ☐ Keep first aid kit stocked and accessible
 - ☐ Secure heavy furniture to walls to prevent tipping
 - ☐ Check door locks and security measures
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Inspection Notes

Date of Inspection: _____

Completed By: _____

Areas Needing Attention:

Follow-Up Actions:

Review this checklist quarterly or after any home modifications to maintain a safe living environment