

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

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

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

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

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

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

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

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