**Contact your local community or senior center for information on exercise, fall prevention programs, or options for improving home safety.**

For additional information on fall prevention, visit go.usa.gov/xN9XA


**Centers for Disease Control and Prevention**
National Center for Injury Prevention and Control


2017

# Check for Safety

## A Home Fall Prevention Checklist for Older Adults

STEADI

**Stopping Elderly Accidents, Deaths & Injuries**

# Use this checklist to find and fix hazards in your home.

## STAIRS & STEPS (INDOORS & OUTDOORS)

**Are there papers, shoes, books, or other objects on the stairs?**

- [ ] Always keep objects off the stairs.

**Are some steps broken or uneven?**

- [ ] Fix loose or uneven steps.

**Is there a light and light switch at the top and bottom of the stairs?**

- [ ] Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

**Has a stairway light bulb burned out?**

- [ ] Have a friend or family member change the light bulb.

**Is the carpet on the steps loose or torn?**

- [ ] Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

**Are the handrails loose or broken? Is there a handrail on only one side of the stairs?**

- [ ] Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

## FLOORS

**When you walk through a room, do you have to walk around furniture?**

- [ ] Ask someone to move the furniture so your path is clear.

**Do you have throw rugs on the floor?**

- [ ] Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

**Are there papers, shoes, books, or other objects on the floor?**

- [ ] Pick up things that are on the floor. Always keep objects off the floor.

**Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?**

- [ ] Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

## KITCHEN

**Are the things you use often on high shelves?**

- [ ] Keep things you use often on the lower shelves (about waist high).

**Is your step stool sturdy?**

- [ ] If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

## BEDROOMS

**Is the light near the bed hard to reach?**

- [ ] Place a lamp close to the bed where it's easy to reach.

**Is the path from your bed to the bathroom dark?**

- [ ] Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

## BATHROOMS

**Is the tub or shower floor slippery?**

- [ ] Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

**Do you need some support when you get in and out of the tub, or up from the toilet?**

- [ ] Have grab bars put in next to and inside the tub, and next to the toilet.