

Home Safety Checklist

UMACO Fall Prevention Program

Look at the following areas in your home and use these tips to make your home safer:

Floors and Rugs

- ✓ Arrange furniture and remove clutter so there are clear walking pathways
- ✓ Remove or secure throw rugs and scatter mats with gripper rug pads

Indoor and Outdoor Stairs

- ✓ Take your time! Rushing is a major cause for falls
- ✓ Keep stairs free of clutter and consider installing handrails on each side
- ✓ Keep stairs well lit and mark edges of steps with contrasting tape or paint

Bathrooms

- ✓ Place non-skid strips on tub or shower floors and secure bath mats
- ✓ Securely install grab bars in the tub, shower and next to the toilet
- ✓ Install adjustable height shower heads or a hand-held shower head

Kitchen

- ✓ Place heavier and frequently used items within easy reach
- ✓ If you have to climb to reach items, use a sturdy stepladder with safety bar/handgrip
- ✓ Use a long-handled reacher for lightweight items on high shelves

Bedrooms

- ✓ Put lamps in an easy to reach place by the bed
- ✓ Use a night light to mark the path between your bedroom and bathroom
- ✓ Consider sitting down when dressing and using long-handled shoe horns