

Fall Hazard Checklist

A person's risk of falling is high if any of the following are present:

- History of falls, fainting, or loss of consciousness
- Weakness, dizziness, or balance problems
- Medication therapy for high blood pressure, nerves, sleep, or depression
- Impaired vision
- Problems with coordination of muscles

Throughout the household, check that the following is in order:

___Flooring and carpeting are in good condition without protruding obstacles that may cause tripping and falling.

___Lighting is bright and without glare.

___Nightlights are strategically placed throughout the house, especially on stairways and along routes between bedroom and bathroom. Illuminated light switches are used when possible in similar high-risk locations.

___Telephones are positioned so that persons do not have to hurry to answer a ringing telephone.

___Electric cords are not located in walkways. When possible, they are shortened and tacked down to baseboards.

___Clutter does not obstruct walkways.

Bathroom

___Railings are installed in the bathtub and toilet areas and are easily accessible for use.

___A non-slip surface is on the floor of the tub and shower. If a bath mat is used, it is of substantial quality.

___If a throw rug is used, it has a non-skid rubber backing.

___Water drainage is appropriate to prevent the development of slippery floors after bathing.

Bedroom

___Throw rugs do not present a slip or trip hazard, particularly those en route to the bathroom.

___Bedside table is present for placement of glasses and other items rather than cluttering the floor beside the bed.

Kitchen

___The floor is made of non-slip material.

___Spills are cleaned up quickly to prevent slipping.

___Cleaning and cooking supplies are stored in locations that are not too high (for shorter persons who would otherwise climb) or too low (for persons who develop lightheadedness after stooping).

___A high chair is available for doing dishes.

___A sturdy step stool is available for reaching high places.

Living Room

___Throw rugs are not present over a carpet or otherwise scattered about.

___Furniture is placed in positions that allow for wide walkways.

___Chairs and sofas are of a height sufficient to permit easy sitting and standing for elderly persons.

Stairways

___Sturdy railings are provided along both side of stairways, including the stairway to the basement.

___Step surfaces are non-skid.

___Materials are not stored on stair landings or thresholds.

___When possible, bright non-skid tape is placed on the top and bottom steps to indicate where the steps begin and end.

Outside the House

___Front and back steps are in good condition. During the winter, sand and/or salt are available for slippery surfaces to ensure safety.

___Walkways are shoveled free of ice and snow in the winter to prevent slips and falls.

In General

___Objects should not be carried in such a manner that vision is obscured.

___Ladders should not be used at all, or if they must be, they are sturdy and positioned carefully, and the top step is avoided.

___Properly fitting footwear with non-skid rubber soles is worn. "Flats" are preferred to shoes with elevated heels.