

Fall Prevention Checklist

FOR THE HOME

Help make your home safer, by ticking off these fall prevention tasks around the home.

FLOORS

- Walkways are clear of furniture and other obstacles.
- Cords and wires are taped down, folded away or against the wall.
- Loose mats and rugs have been replaced with non-slip rugs.
- Floor is clear of items that can be tripped on, such as shoes, books and boxes.

KITCHEN

- Regularly used items are in easily accessible places.
- If you have to use a step ladder, make sure it has a handle at the top. Never use a chair as a stepping stool.

BATHROOM

- There are at least two grab bars in the bath/shower and toilet area.
- There is non-slip flooring or mats.
- Consider buying a shower chair and hand-held shower head.
- Add nightlights along the path to the bathroom.

STAIRS AND STEPS

- There is good lighting in stairways with light switches at both ends.
- Nonslip adhesive rubber tread is on steps.
- Stairs are clear of items that can be tripped on, such as shoes, books and boxes.
- There are handrails on both sides of stairs or existing handrails are secure.
- Loose or uneven steps and carpet have been fixed.

BEDROOM

- There are nightlights in the bedroom and hallways.
- Bedside table lights are available and accessible.
- There is a phone in an accessible location, on the bedside table or on the floor.

OTHER

- Use a walker or walking stick if you are unstable.
- An emergency phone number list, in large print, is near each phone.
- There is a phone in an accessible location, or near the floor, in common areas.
- Consider wearing a medical alert device, in the event of an emergency, while you are alone.

COTA
For older Australians



cotamembership.org.au