

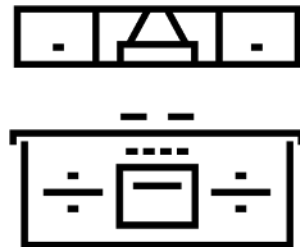
## Home Safety Checklist: Fall Prevention Room by Room

### General Home Safety

- Adequate lighting in all rooms and hallways
- Light switches easily accessible at room entrances
- Night lights in hallways and bathrooms
- All electrical and phone cords secured away from walking paths
- Handrails on both sides of all staircases
- Non-slip strips on all steps
- Remove or secure loose rugs with double-sided tape
- Clear pathways between rooms
- Emergency numbers posted by all phones

### Kitchen

- Frequently used items stored at waist height
- Step stool is sturdy with handrail (no chairs for reaching)
- Non-slip mat in front of sink
- Good lighting over cooking and prep areas
- Spills cleaned immediately
- Frequently used heavy items stored where easy to reach



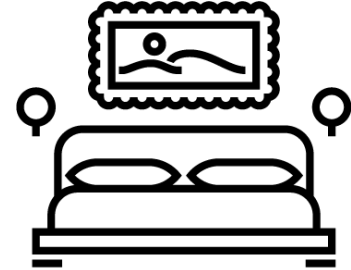
### Bathroom

- Non-slip mats inside and outside shower/tub
- Grab bars properly installed by toilet and in shower
- Shower chair or bench if needed
- Hand-held shower head for seated bathing option
- Toilet at appropriate height (raised seat if needed)
- Door locks that can be opened from outside in emergency



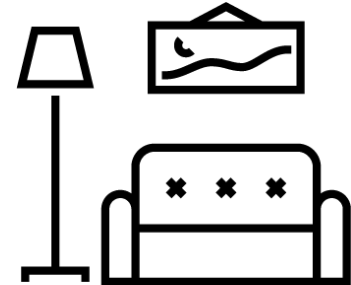
### Bedroom

- Clear path from bed to bathroom
- Light/lamp within easy reach of bed
- Phone within reach of bed
- Firm mattress at appropriate height
- Night light or motion sensor light
- Walking aids (if used) within easy reach of bed



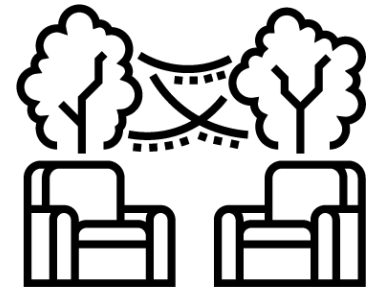
### Living Room

- Furniture arranged to create clear walking paths
- Chairs and sofas at good height for sitting/standing
- Firm cushions that don't sink too deeply
- Remote controls easy to locate and reach
- No trailing wires or cords
- Adequate lighting for reading



### Outside Areas

- Steps and walkways in good repair
- Handrails on all outdoor steps
- Good lighting at entrances
- Clear, even paths to mailbox and garbage area
- Snow/ice removal plan in place
- Outdoor furniture stable and well-maintained



### Immediate Action Items

Mark any items that need attention:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Remember: Prevention is your best protection. Address safety concerns before accidents happen.