

Preventing Falls Preparation Checklist



Balance and stability can be difficult when first learning to use a prosthesis. Use this checklist as a guide to making your home more safe from accidental falls and injuries.

EXTERIOR ENTRANCES & EXITS

- Are walkway and drive surfaces even?
- Is there a curb?
- Are there handrails along the steps?
- Are the handrails in good condition?
- Is there light in the driveway, walkway and porch?
- Do the door and window locks work?

INTERIOR DOORS, STAIRS & HALLS

- Are the doors wide enough for a walker or wheelchair?
- Are there railings along the stairway?
- Are the railings in good condition?
- Are there steps in the house?
- Is it easy to see the change in the steps?
- Is it easy to notice the first and last steps?
- Is there adequate lighting?
- Are there light switches at both ends of the stairs and hallways?
- Is there clutter in the hallways or on the stairs?
- Is it easy to notice the difference in the floor/carpet surface?
- Are there rugs on the floor?
- Are the rugs secured with slip-resistant backing?
- Do you have to navigate around furniture?
- Do you have to walk over electrical cords and wires?

KITCHEN

- Is there adequate lighting throughout the kitchen?
- Can you comfortably reach the sink and counter tops?
- Are shelves and storage within reach?
- Are your "most used" items easily accessible?
- Is there clutter, liquids, food or grease on the floor?
- Do you have to bend over or use a stool to reach common items?
- Can you navigate through the kitchen with a walker or wheelchair?
- Do you have a fire extinguisher that's easily accessible?
- Is there a phone in the kitchen or nearby?
- Do you have your emergency contacts clearly posted somewhere?
- Are sharp objects, and small appliances stored properly?

LIVING AREAS

- Does your furniture allow easy transition from sitting to standing?
- Do you need to walk around furniture to get through the living area?
- Do you have to walk over electrical cords or wires?
- Is there adequate lighting throughout the living space?
- Is it necessary to get up to answer the phone or change the channel?
- Are the chairs and couches low to the ground?
- Are there rugs on the floor?
- Are the rugs secured with slip-resistant backing?
- Do you have to reach up to pull cords to lights or ceiling fans?
- Is there clutter (books, magazines, shoes, etc.) on the ground?

BEDROOMS

- Is the light near your bed easy to reach?
- Is the path from the bedroom to the bathroom well lit?
- Is it necessary to get out of bed or reach far for the telephone?
- Do you have to walk over electrical cords or wires?
- Is it common to get up during the night to use the restroom?
- Is it necessary to get up to answer the phone or change the channel?
- Do you have a list of emergency contacts within reach?
- Is there clutter (clothes, shoes, bags, etc.) on the ground?

BATHROOMS

- Is there a clear, lighted path to the bathroom?
- Is the shower floor/bathtub floor slippery?
- Is it difficult to get on and off the toilet?
- Are you able to step in and out of the bath and shower?
- Is there a bath bench in the tub or shower?
- Are there grab bars for shower and tub access?
- Is it difficult to stand while showering?
- Can you easily reach soap, shampoo and towels, etc.?
- Is there a telephone within reach?