



Fall Prevention Checklist

Indoor/Outdoor Stairs and Steps

- Keep all stairs and steps free from objects
- Fix loose or uneven steps
- Have sufficient lighting at the top and bottom
- If stairs are carpeted, ensure carpeting is firmly attached and won't move
- If stairs are not carpeted, attach nonslip rubber treads
- Fix loose handrails or install new ones, on both sides of the stairs

Floors

- Remove throw rugs, or use a non-slip backing so the rugs won't move.
- Make sure nothing is blocking your walking paths (furniture, floor lamps, pet bowls etc.)
- Always keep objects off the floor
- Keep cords and wires next to walls.
- Thresholds between rooms should be level, or beveled

Kitchen and Dining Areas

- Clean up clutter
- Keep things you use most often on lower shelves, about waist high
- Wear skid-free slippers or shoes in the kitchen
- Tile flooring can present a fall risk
- If you must use a step stool, get one with a bar to hold on to. NEVER use a chair as a step stool
- Clean up spills right away, especially if oily or greasy
- Cut ingredients while seated, if necessary
- Install bright lighting where possible

Bedrooms

- Place lamps close to each side of the bed, to be within easy reach
- Install nightlights from bedroom to bathroom, to keep your path lit
- Avoid bed linens and draperies that reach the floor, to avoid feet getting tangled
- Keep shoes and other clutter off the floor
- Closet contents should be easy to reach
- Have a sturdy chair with arms, for dressing
- Nightstands should be able to support your weight if needed for help with balance
- Ensure bed is correct height, and install assistive devices like bedrails as needed
- Save a spot next to the bed for a walking aid
- Locate pet beds away from walking paths

Bathrooms

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower
- Have grab bars installed next to and inside the tub, and alongside the toilet
- Use a shower chair, if needed
- A raised toilet seat may be necessary

Electrical

- Install large, flat toggle switches
- Do not run electrical cords under rugs
- Don't rely on extension cords for day-to-day use. Have an electrician add outlets as needed.

And Finally...

Sign up for an OFA Exercise, Tai Chi, Bingocize and/or "A Matter of Balance" class - *contact us today!*

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