

# Fall Prevention Checklists

## Common Living Areas

## Outside Living Areas

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**Keep These in your Kitchen and review them from time to time**

### *Common Living Areas*

- Do your stairs and steps have handrails on both sides? .....Yes ( ) No ( )
- Are the handrails the full length of the flight of stairs? .....Yes ( ) No ( )
- Are you sure all your throw rugs have non-slip rubber bottoms? .....Yes ( ) No ( )
- Do you have a night light in the hallway from your bedroom to bathroom? ....Yes ( ) No ( )
- Do you clean up spills quickly? .....Yes ( ) No ( )

### *Outside Living Areas*

- Do you have bright lights over all porches, decks and walkways? .....Yes ( ) No ( )
- Do you have handrails on both sides of any outside stairs? .....Yes ( ) No ( )
- Put ladders and tools away and lock them in your garage and shed? .....Yes ( ) No ( )
- Do You keep sidewalks and pathways free of items so you don't trip? .....Yes ( ) No ( )
- Do you fix broken steps or walkways as soon as possible?.....Yes ( ) No ( )
- Do you keep your steps and walkways clear of snow and ice?.....Yes ( ) No ( )
- Put ladders and tools away and lock them in your garage and shed? .....Yes ( ) No ( )
- Do You keep sidewalks and pathways free of items so you don't trip? .....Yes ( ) No ( )
- Do you fix broken steps or walkways as soon as possible?.....Yes ( ) No ( )