

Fall Prevention Checklists

Kitchen Bathroom Bedroom

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



Kitchen

- Do you regularly wax your kitchen floor?Yes () No ()
- Do you use non-slip rubber backed throw rugs in the kitchen?.....Yes () No ()
- Are your commonly used items in your cabinets within easy reach?.....Yes () No ()
- Are your heavy items in your kitchen's lower cabinets?.....Yes () No ()
- Do you have a sturdy step stoolYes () No ()
- Do you clean up spills quickly?Yes () No ()
- Do you have a telephone or cell phone handy?Yes () No ()

Beeware! The Kitchen is potentially one of the most dangerous places in your home!



Bedroom

- Do you have a night light in your bedroom?Yes () No ()
- Do you have a flashlight and telephone next to your bed?.....Yes () No ()
- Is your bedroom well lit?.....Yes () No ()
- Do you have any wiring in your foot path or on the floor.....Yes () No ()
- Do you sit on your bed for a few minutes after wakingYes () No ()
- Is your floor clear of shoes, clothes and other items?Yes () No ()

Bathroom

- Do you use a bath mat with a non-skid bottom?Yes () No ()
- Do you have a mat or non-slip strips in your tub or shower?.....Yes () No ()
- Do you have a night light in the bathroom?Yes () No ()
- Do you have secure grab bars by the tub, toilet and shower?.....Yes () No ()
- Do you wipe up spills quickly when they occur?Yes () No ()
- [1 outlets](#) installed?Yes () No ()
- Do you keep curling irons, shavers and other electrical items away from water?Yes () No ()