



## Checklist

# Falls prevention

Take some time to walk round your home and use this checklist to help you find any hazards. They can be hard to spot when you live with them every day, so ask your friends or family to help.

## Approaching your home

- The walkways are smooth and level.
- The path is clear of clutter.
- The hedges and bushes are cut back.
- You have external/motion-sensor lighting.
- Any steps to the door have rails on either side.
- The threshold is low enough not to trip.

## Hall/stairs

- There is enough light.
- You have checked for any missing light bulbs.
- There are light switches at the top and bottom of the stairs.
- There aren't any loose rugs you could trip on.
- The stairs are free of clutter.
- The stairs have sturdy handrails.
- The carpet isn't worn or frayed.
- There aren't any loose floorboards.



## Living room

There is enough light.

Every piece of furniture is necessary – remember that too many chairs and tables can block your path.

The furniture is stable.

There is at least one chair you can get in and out of easily.

There is a clear path to walk through.

Electrical cords run behind the furniture and not across the floor or under a rug.

There are no cables you could trip on.

## Kitchen

The floor is clean of any liquid, grease or food spills.

The things you use most often are within easy reach.

You have a stepladder to reach things high up.

You have a step stool/ladder with a handrail.

Floor coverings are in good repair and securely fixed.

## Bathroom

Any rugs/mats are non-slip.

There is a non-slip mat in the bath.

There are grab rails near the bath and toilet.

You can easily reach the toilet paper.

There is somewhere to sit if you feel dizzy.



## Bedroom

There is a lamp close to the bed.

You have a nightlight or torch.

The path to the bathroom is clear and well lit.

There is a phone near the bed.

Any rugs/carpets are secured down.

You have a way to support yourself when getting in and out of bed, if you need it.



### Good to know

You can request a home hazard assessment if you're worried that you might be at risk of having a fall. Contact your GP or local council. An occupational therapist can advise you on aids and adaptations to help you move safely around your home.