

## \*\*Fall Prevention Checklist\*\*

Questions:	Yes	No	Recommendations:
Are telephone and extension cords placed out of the way?	<input type="checkbox"/>	<input type="checkbox"/>	Move phone cords away from walking area. Move furniture so that outlets can be used without extension cords.
Do you have slip resistant rugs?	<input type="checkbox"/>	<input type="checkbox"/>	Put rubber matting under rugs. Apply double-faced adhesive carpet tape or rubber matting to backs of rugs. <u>Buy slip-resistant backing rugs.</u>
Are rooms and passageways kept clear?	<input type="checkbox"/>	<input type="checkbox"/>	Clean out boxes and clutter. Make sure passageways and walkways are always clear.
Are rooms and hallways brightly lit?	<input type="checkbox"/>	<input type="checkbox"/>	Add lighting to dark areas. <span style="float: right;">Use high wattage bulbs.</span>
Are you close to a telephone in case you fall?	<input type="checkbox"/>	<input type="checkbox"/>	Write the numbers in large print and then tape them to the phone.
In your kitchen, do you have a rubber mat on the floor near the sink?	<input type="checkbox"/>	<input type="checkbox"/>	Put rubber mats in the sink area.
Are kitchen items you use out of reach?	<input type="checkbox"/>	<input type="checkbox"/>	Keep items you use at waist level heights. <span style="float: right;">Put shelves and cupboards at easy-to-reach levels.</span>
In your bedroom, can you reach lamps and light switches?	<input type="checkbox"/>	<input type="checkbox"/>	Rearrange furniture closer to switches and outlets. Have night light or flashlight nearby.
If you use your bathroom at night, is it close or far?	<input type="checkbox"/>	<input type="checkbox"/>	Use a night light or flashlight. Keep a telephone close to you.
Are your handrails strong on both sides of the stairwell?	<input type="checkbox"/>	<input type="checkbox"/>	As soon as possible repair broken handrails. Tighten fixtures that hold handrails to the wall. <span style="float: right;">If you have no handrails, install at least one.</span>
Do you feel safe enough on your steps?	<input type="checkbox"/>	<input type="checkbox"/>	Try to avoid wearing only socks, smooth-soled shoes or slippers when using stairs. Paint outside steps with paint that has a rough texture or use abrasive strips.
Can you see the edges of the steps?	<input type="checkbox"/>	<input type="checkbox"/>	Paint edges white to see them better at night. <span style="float: right;">Add extra lighting.</span>
Do you have a smoke detector and is it in the right place?	<input type="checkbox"/>	<input type="checkbox"/>	Make sure detectors are placed near bedrooms either on the ceiling or 6-12 inches below the ceiling. Check and replace batteries.

**For Information on Fall Prevention Programs and Workshops**

**Call**

**561-684-5885 Ext. 59237**