

Home safety checklist



Share your results with your healthcare provider and let them know you're participating in the SilverSneakers® Well-Balanced program for fall prevention.

Help prevent falls around your home using this Home Safety Checklist courtesy of SilverSneakers.

Fall prevention is vital to an active lifestyle because it reduces the risk of injury and helps you stay independent longer. Use this checklist to identify areas in and around your home where simple modifications can help prevent falls.

General recommendations

- ☐ Wear non-skid footwear.
- ☐ Use lights that are easily accessible and close to doorways.
- ☐ Have adequate lighting in and outside of your home.
- ☐ Repair furniture that is unstable or broken.
- ☐ Keep a phone within arm's reach.

Outside the home

- ☐ Ensure entryways have proper lighting.
- ☐ Use motion-activated lights for safety in dark areas.
- ☐ If you have steps to your doorway, make sure the stairs have secure handrails.

Inside the home

- ☐ Use a nonslip surface in the tub or shower.
- ☐ Install grab bars in the bathroom.
- ☐ Remove throw rugs or secure them firmly to the floor.
- ☐ Remove clutter from the floor.
- ☐ Secure cords and wires next to the wall.
- ☐ Remove items from stairs.
- ☐ Fix loose or uneven steps.
- ☐ Secure handrails on stairs.
- ☐ Fix or remove loose carpet from stairs and install nonslip treads.
- ☐ Have a light switch at both the bottom and top of stairs.
- ☐ Install a stair lift if you have difficulty going up and down stairs.

Always talk with your doctor before starting an exercise program.

Source: Centers for Disease Control and Prevention (CDC). Original materials available for free at www.cdc.gov/steady.

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