

Home Safety to prevent falls/injuries to elders

TASK CHECKLIST



STAIRS & STEPS

- ✓ Always keep objects off the stairs.
- ✓ Fix loose or uneven steps.
- ✓ Have an electrician put in an overhead light
Light switch at the top and bottom of the stairs.
You can get light switches that glow.
- ✓ Have a friend or family member change the light bulb.
- ✓ Make sure the carpet is firmly attached to every step.
Or remove the carpet
And attach non-slip rubber treads to the stairs.
- ✓ Fix loose handrails, or put in new ones.
Make sure handrails are on both sides of the stairs
And are as long as the stairs.

FLOORS

- ✓ Ask someone to move the furniture so your path is clear.
- ✓ Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.
- ✓ Pick up things that are on the floor.
Always keep objects off the floor.
- ✓ Coil or tape cords and wires next to the wall so you can't trip over them.
If needed, have an electrician put in another outlet.

KITCHENS

- ✓ Keep things you use often on the lower shelves (about waist high).
- ✓ If you must use a step stool, get one with a bar (to hold on to).
Never use a chair as a step stool.

BEDROOMS

- ✓ Place a lamp close to the bed where it's easy to reach.
- ✓ Put in a nightlight so you can see where you're walking.
Some nightlights go on by themselves after dark.

BATHROOMS

- ✓ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- ✓ Have grab bars put in next to and inside the tub, and next to the toilet.