

Home Safety Checklist For Fall Hazards

Floors

- Remove all loose throw rugs and make sure carpeting is secured to the floor without folds, wrinkles, worn spots or rips. Choose carpet with short dense pile.
- Make sure electrical and phone cords are tucked out of the way.
- Keep floors and stairways free of clutter.
- Clean up spills immediately and never walk on freshly washed floors.
- Be careful when walking on changing surfaces such as carpet to tile.



Bathroom

- Install securely anchored grab bars over the tub, the shower wall and by the toilet if needed. Do not rely on soap dishes and towel bars.
- If you feel unsteady in the shower or tub, use a bath or shower chair and be seated while bathing and use a hand held shower adapter.
- Use a non-slip mat in the tub or bath.
- Use a non-skid bath mat.
- Use a raised toilet seat if it will be easier.
- Place soaps and shampoos in easy to reach securely fixed holders.
- Sit while shaving, brushing teeth, fixing your hair and make up if you are very unsteady.

Traffic Lanes

- Make sure that you can walk across every room and from one room to another without detouring around furniture.
- Make sure the traffic lane from your bedroom to the bathroom is free of obstacles.

Lighting

- Have light switches by every doorway
- Use night lights to assist you during the night in bedroom, hallways and bathroom.
- Have a lamp within easy reach of your bed.
- All stairways should be well lit and have a switch at the top and the bottom.
- Have enough lighting to eliminate shadowy areas.

Stairways

- If you have trouble seeing the edge of the stairs, apply brightly colored tape to the edges to help define the edge.
- Use a securely fastened handrail that extends the entire length of the stairs and on each side.
- If there is not a railing on both sides use one hand on the wall while going up and down the stairs.
- Make sure the rail stands out far enough from the wall to get a good grip.
- Have the end of the rail distinctly shaped so that you are alerted when coming to the end.
- All internal and external stairways should have no broken, sagging, sloping or chipped up areas and all carpet should be securely fastened.



Ladders and Stepstools

- Make sure that you use a sturdy step stool or ladder to reach high cupboards and items, make sure it is high enough for the job you are performing.
- Never stand on a chair to reach high places.
- Make sure that ladder spreaders are fully extended.
- Place ladder on a firm, flat un-cluttered location.
- When using a ladder or step stool always face towards the steps and never go higher than recommended on the ladder.
- Avoid using a step stool on a regular basis by placing frequently used items on a shelf within easy reach.

Outdoor Areas

- Make sure your walkways are clear of clutter, are smooth and the surface un broken.
- Make sure lawn areas are free of holes, watch for mole holes, etc.
- Always put away garden tools and hoses when not in use.
- Try and keep walkways free of wet leaves and snow.
- Always use de-icers or salt on well traveled icy areas.
- Place mats at doorways for people to wipe wet feet on.

Shoes

- Always wear shoes which have soles with good traction.
- Wear house slippers that fit well and do not easily slip on and off.
- Always avoid walking in stocking feet.
- Wear good quality well fitting low healed oxfords, loafers or sneakers when you walk or work in house or yard.

Personal Precautions

- Be alert for unexpected hazards, such as out of place furniture.
- If young children visit, be on the lookout for children or toys on the floor.
- If you have pets be alert for them to get underfoot.
- If you carry a large package make sure it does not block you vision.
- Divide heavier bags into small loads .
- When you reach or bend, hold onto a stable structure to give you support.
- Avoid rushing for the doorbell.
- Use a portable phone to keep by you when sitting to avoid jumping up quickly to answer it.
- Always take time to regain your balance when changing positions such as getting into sitting from lying and standing after sitting for a while, pause, wait a moment until you are sure you are stable and well balanced.
- If you wear glasses make sure your prescription is up to date.
- If you live alone make sure you have daily contact with a neighbor or friend.
- Keep your self in good physical condition with exercise, a good diet, adequate rest and regular medical check ups.
- Use a walker or a cane if needed, do not rely on furniture or the walls for support.



Physical Therapy

- Your therapist will design a program to help you regain range of motion, muscle strength, balance and prevent re injury as well as help you in your return to full participation in activities of daily living.
- They will specifically address any dizziness and vertigo that increases your feeling of imbalance.
- For patients with diabetic or other lower extremity neuropathies, Anodyne therapy maybe able to increase your lower leg sensation which can significantly improve your balance.
- If you have an injury, physical therapy may help you to resolve pain and functional restrictions.
- Your physical therapist will be able to instruct you in the appropriate exercise for your specific condition.
- Your therapist will correct mechanical restrictions and stiffness with appropriate manual therapy and deep myofascial release.
- They will also teach you correct long term body mechanics and postural correction.
- Your therapist will also use therapeutic modalities such as ultrasound and electrical stimulation to speed your healing if needed.

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Fall Prevention

Patient Information



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