



FALL PREVENTION CHECKLIST

Simple Steps to Help Reduce Fall Risks at Home

EldoCare Home Health Services Inc.

Falls can happen for many reasons, including environmental hazards, mobility challenges, vision problems, medication effects, and changes in balance.

Use this checklist to identify common safety concerns.

Floors & Walkways

- ☐ Remove unnecessary clutter
- ☐ Secure or remove loose rugs
- ☐ Keep floors dry
- ☐ Keep electrical cords away from walking paths
- ☐ Keep frequently used pathways clear
- ☐ Repair damaged flooring

Lighting

- ☐ Keep hallways well lit
- ☐ Use nightlights where appropriate
- ☐ Keep a lamp within reach of the bed
- ☐ Make sure stairs are well illuminated
- ☐ Replace burned-out bulbs promptly

Bathroom

- ☐ Use non-slip surfaces
- ☐ Install appropriate grab bars when needed
- ☐ Keep the floor dry
- ☐ Consider a shower chair when appropriate
- ☐ Keep frequently used items within safe reach

Bedroom

- ☐ Keep the pathway around the bed clear
- ☐ Place a lamp within easy reach
- ☐ Avoid loose rugs
- ☐ Keep mobility aids accessible
- ☐ Use appropriate footwear

Stairs

- ☐ Use secure handrails
- ☐ Keep steps free of objects
- ☐ Ensure adequate lighting
- ☐ Repair loose flooring
- ☐ Avoid carrying objects that block your view while using stairs

Kitchen

- ☐ Clean spills immediately
- ☐ Store commonly used items within safe reach
- ☐ Avoid standing on chairs
- ☐ Keep floors dry
- ☐ Use appropriate assistance for difficult-to-reach items

Footwear & Mobility

- ☐ Wear properly fitting footwear
- ☐ Avoid walking in slippery socks
- ☐ Use prescribed mobility equipment correctly
- ☐ Keep canes, walkers, or other equipment in good condition
- ☐ Discuss changes in balance or mobility with a healthcare provider

Medication Awareness

- ☐ Keep an updated medication list
- ☐ Take medications exactly as prescribed
- ☐ Ask a healthcare provider or pharmacist about possible dizziness or other side effects
- ☐ Report concerning changes to the healthcare team

Vision & Hearing

- ☐ Keep eyeglasses clean and accessible
- ☐ Follow recommended vision appointments
- ☐ Use hearing devices when prescribed
- ☐ Ensure adequate lighting for movement around the home

After a Fall

If someone falls:

- Stay calm.
- Check for immediate danger.
- Do not rush to move the person if there may be an injury.
- Seek appropriate medical assistance when needed.
- Report the fall to the person's healthcare provider.
- Review the home environment to identify possible hazards.

Final Fall-Risk Check

Walk through the home and ask:

“What could cause someone to trip, slip, lose balance, or have difficulty getting around safely?”

Address hazards whenever possible and discuss ongoing mobility or balance concerns with a qualified healthcare professional.

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