

Reduce your risk of falling at home

A fall prevention checklist, room by room

BEDROOM

- Keep a light—a lamp, light switch or night-light—near your bed.
- Sit down to get dressed.
- Keep loose items off the floor.

STAIRS AND HALLWAYS

- Add handrails on both sides of the stairs.
- Install anti-slip strips on each stair.
- Install night-lights along the route from the bedroom to the bathroom.

BATHROOM

- Use a shower chair and handheld shower head while bathing.
- Install grab bars near toilet and shower.
- Put a riser seat on the toilet.

KITCHEN

- Move things so they're within easy reach.
- Use dining chairs that have armrests and no wheels.
- Don't clean with a high-gloss wax floor protector.

LIVING ROOM

- Move cords and other objects out of walkways.
- Use a cushion or a seat riser if your chair is too low to easily stand from.
- Keep frequently used items within reach.
- Remove throw rugs.



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