

SENIOR FALL PREVENTION: HOME CHECKLIST

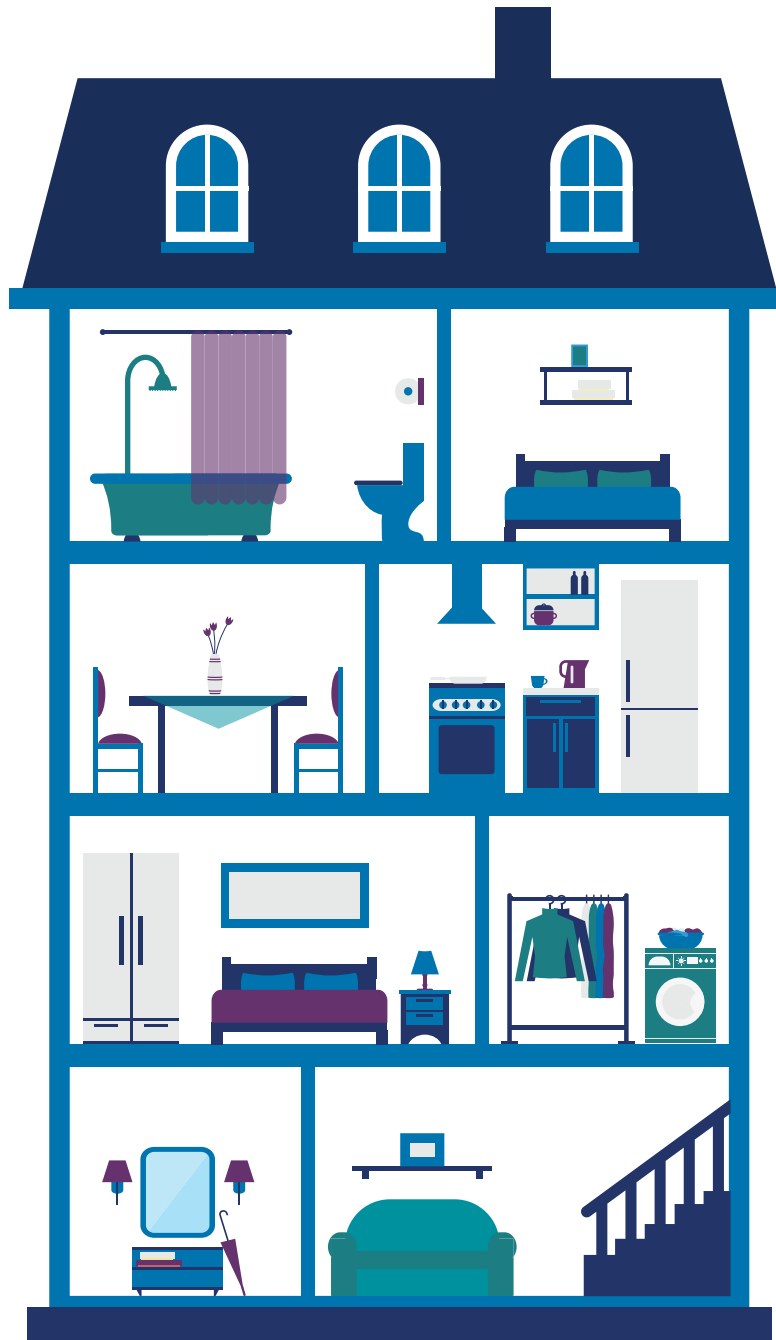
Prevent falls — the leading cause of injury-related hospitalizations and death in Ohioans 65-plus — with this simple home checklist. **Source: Ohio Department of Health and CDC**

Bathroom

- ☐ Install grab bars next to toilets and inside showers.
- ☐ Use nonslip mats.
- ☐ Consider a shower chair.

Bedroom

- ☐ Ensure lamps are easy to reach.
- ☐ Plug in night lights.
- ☐ Keep a charged phone, smart watch or smart speaker within reach for emergencies.



Floors

- ☐ Use nonskid rugs.
- ☐ Coil or tape extension cords or wires.
- ☐ Keep pathways clear of excessive furniture.
- ☐ Keep floors clear of tripping hazards, like shoes and pet toys.

Kitchen

- ☐ Keep often-used items in easy-to-reach places.
- ☐ Never use a chair as a step stool.

Stairs

- ☐ Fix loose or uneven steps.
- ☐ Install handrails to both sides.
- ☐ Attach nonslip rubber threads to steps.
- ☐ Ensure stairs are well-lit.



OhioHealth

Talk to your doctor about
a Falls Risk Assessment.