Home Safety
Falls Prevention

Use this checklist to find and fix potential fall hazards around your home.

STAIRS
- Clear the stairs of clutter
- Tighten loose handrails
- Check the carpet runner for rips
- Attach non-slip treads to wood stairs

BEDROOMS
- Place a lamp within reach of the bed
- Plug in a nightlight between the bed and door
- Use double-sided tape to keep throw rugs from slipping

BATHROOMS
- Stick a non-slip mat or stickers to the floor of the shower
- Install towel bars or hooks to keep towels off the floor
- Hire a handyman to install grab bars by the tub and toilet

KITCHEN
- Rearrange your cabinets so often used items are on lower shelves
- Purchase a sturdy step stool to reach high shelves or cabinets
- Choose an easy to access spot for rags for quick clean ups of spills

LIGHTING
- Hire an electrician to install light switches at the top and bottom of stairways
- Ask a friend to change burnt out light bulbs
- Check out motion sensor lights for outdoor steps and entry ways

OTHER TIPS
- Move containers of salt or sand near your entrance to treat icy walkways

Falls aren’t inevitable, they are preventable

For more information, check out UVMHealth.org/InjuryPrevention