

# 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](https://UVMHealth.org/InjuryPrevention)