HOME FALL PREVENTION
CHECKLIST FOR TRIBAL MEMBERS

OUTSIDE: ENTRANCE TO THE HOME

Q: When you are walking up to your door are their objects blocking your pathway?

☐ Have a family member or someone help you remove objects from the pathway leading up to your home.

Q: At night can you clearly see the pathway leading up to the entrance of your home?

☐ Have an electrician install lights if needed or have a family member replace light bulbs. Also, mark stairs so uneven surfaces are visible.

Q: If you have steps leading into the entrance of the home, are handrails broken or absent on both sides of the stairs?

☐ Have a carpenter install handrails along the full length of stairs on both sides.

Q: Do you have outdoor or indoor pets?

☐ Be cautious when dealing with pets. Many falls involve owners tripping over their animals.

FLOORS: LOOK AT THE FLOOR IN EACH ROOM

Q: Do you have throw rugs on the floor?

☐ Remove rugs or use double-sided tape or a non-slip backing so the rugs won't slip or fold. If carpet is frayed have a carpenter replace or tack down worn out areas of carpet.

Q: When you walk through a room, do you have to walk around furniture?

☐ Ask someone to move the furniture so your path is clear.

Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?

☐ Pick up things that are on the floor. Always keep objects off the floor.

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

☐ Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

STAIRS AND STEPS: LOOK AT THE STAIRS YOU USE BOTH INSIDE AND OUTSIDE YOUR HOME

Q: Are there papers, shoes, books, or other objects on the stairs?

☐ Pick up things on the stairs. Always keep objects off stairs.

Q: Are some steps broken or uneven?

☐ Fix loose or uneven steps. If uneven surfaces are hard to see, mark edges of steps in contrasting colors.

Q: Are you missing a light over the stairway?

☐ Have an electrician put in an overhead light at the top and bottom of the stairs.

Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?

☐ Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

Q: Has the stairway light bulb burned out?

☐ Have a friend or family member change the light bulb.

Q: Is the carpet on the steps loose or torn?

☐ Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stair.

Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

☐ Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

KITCHEN: LOOK AT YOUR KITCHEN AND EATING AREA

Q: Are the things you use often on high shelves?

☐ Keep things you use often on the lower shelves (about waist level).

Q: Is your step stool unsteady?

☐ If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: LOOK AT ALL OF YOUR BATHROOM

Q: Are the tub or shower floors slippery?

☐ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower. *Tip: Regular socks tend to be slippery on tile surfaces.*

Q: Do you need some support when you get in and out of the tub or up from the toilet?

☐ Have a carpenter put grab bars inside the tub and next to the toilet.

BEDROOMS: LOOK AT ALL OF YOUR BEDROOMS

Q: Is the light near the bed hard to reach?

☐ Place a lamp close to the bed where it's easy to reach or have a flash light nearby.

Q: Is the path from your bed to the bathroom dark?

☐ Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Q: Is your bed easy to get on and off of?

☐ Adjust bed height so your legs are not too bent while sitting and not too high where your feet can't touch the ground.

OTHER THINGS YOU CAN DO TO PREVENT FALLS

- **FOOTWEAR:** Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- **LIGHTING:** Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- **MORE LIGHTING TIPS:** It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- **EMERGENCY CONTACTS:** Keep emergency numbers in large print near each phone.
- **TELEPHONE:** Put a phone near the floor in case you fall and can't get up.
- **LIFE ALERT:** If available in your community, think about wearing an alarm device that will bring help in case you fall and can't get up.

ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER
WWW.AASTEC.NET • AASTECINFO@AAIHB.ORG
1-800-658-6717 (TOLL FREE)

TRIBAL
INJURY
PREVENTION
PROGRAM

Adapted from the CDC website: www.cdc.gov/steadi/patient.html