

Fall Prevention Checklist



Lighting

1. Nightlights in bathrooms, hallways and bedrooms.
2. Have any burned-out lights replaced immediately.
3. Always turn on lights when entering any room



Walkways

1. Pick up all unsecured throw rugs. Carpeting should be securely fastened down.
2. Keep walkways clear of miscellaneous or misplaced objects, especially cords from lights or telephones.
3. Clean up all spills immediately.



Bathrooms

1. Install and use tightly fastened grab bars in the bathtub/ shower and on the wall next to the tub/shower when possible.
2. Install non-slip strips or mats in the bathtub/shower
3. Install grab bars next to the toilet, or use a raised toilet seat with arms.
4. Use a bath bench to eliminate the need to stand in the shower if this is difficult for you.
5. Use a hand held shower to make bathing easier.



Footwear

1. Wear secure footwear with good support and traction.
2. Avoid walking barefoot or in socks or slippers that have poor traction on slick floors.



Unfamiliar Surfaces

1. Pay attention to the surface you are walking on. Be alert for seasonal dangers such as ice, snow, wet or dry leaves, or slick outside surfaces.
2. Test the ground for traction before getting out of the car.
3. Be alert for curbs as you enter and exit buildings



General Home Safety

1. Carry a mobile/cordless phone with you in the home. Avoid rushing to grab a ringing phone.
2. Use caution in getting up too quickly after eating, lying down or resting. Going too quickly can cause dizziness.
3. Use your cane, walker or other assistive device as recommended by your doctor or physical therapist.



Your Health

1. Have vision and hearing tested regularly and corrected as needed.
2. Talk to your doctor about the side effects of the drugs you are taking and ask if they may be affecting your balance or coordination.
3. Limit alcohol intake
4. Maintain a regular program of exercise and activity.

If you have experienced recent or frequent falls, or have any further questions about how you can improve your balance, please contact:

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