

Tips for Preventing Falls

Outdoors

- ☐ Install adequate lighting by doorways and along walkways leading to doors.
- ☐ Repair cracks and abrupt edges of sidewalks and driveways.
- ☐ Install handrails on stairs and steps.
- ☐ Remove high doorway thresholds.
- ☐ Trim shrubbery along the pathway to the home.
- ☐ Keep walk areas clear of clutter, rocks and tools.
- ☐ Keep walk areas clear of snow and ice.

All Living Spaces

- ☐ Maintain nightlights or motion-sensitive lighting throughout the home.
- ☐ Use a change in color to denote changes in surface types or levels.
- ☐ Check lighting for adequate illumination and glare control.
- ☐ Install electronic emergency response system if needed.
- ☐ Secure rugs with nonskid tape as well as carpet edges.
- ☐ Use contrast in paint, furniture and carpet colors.
- ☐ Remove oversized furniture and objects.
- ☐ Have at least one phone extension in each level of the home and post emergency numbers at each phone.
- ☐ Avoid throw rugs.
- ☐ Add electrical outlets.
- ☐ Reduce clutter.

Kitchen

- ☐ Keep commonly used items within easy reach.
- ☐ Use a sturdy step stool when you need something from a high shelf.
- ☐ Make sure appliance cords are out of the way.
- ☐ Avoid using floor polish or wax in order to reduce slick surfaces.



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Bathrooms

- ☐ Use nonskid mats or carpet on floor surfaces that may get wet.
- ☐ Install grab bars on walls around the tub and beside the toilet, strong enough to hold your weight.
- ☐ Add nonskid mats or strips to bathtubs.
- ☐ Mount liquid soap dispenser on the bathtub wall.
- ☐ Install a portable, hand-held shower head.
- ☐ Add a padded bath or shower seat.
- ☐ Install a raised toilet seat if needed.

Living, Dining and Family Rooms

- ☐ Keep electrical and telephone cords out of the way.
- ☐ Arrange furniture so that you can easily move around it (especially low coffee tables).
- ☐ Make sure chairs and couches are easy to get in and out of.
- ☐ Remove caster wheels from furniture.
- ☐ Use television remote control and cordless phone.
- ☐ Avoid long sleeves and loose clothing while cooking.
- ☐ Use an easy-to-use microwave instead of a stove or oven.
- ☐ Have stove controls easily accessible.
- ☐ Keep pot handles turned to the back of the stove.

Bedroom

- ☐ Put in a bedside light with a switch that is easy to turn on and off (or a touch lamp).
- ☐ Have a nightlight.
- ☐ Locate telephone within reach of bed.
- ☐ Adjust height of bed to make it easy to get in and out of.
- ☐ Have a firm chair, with arms, to sit and dress.

Stairways, Hallways and Pathways

- ☐ Keep free of clutter.
- ☐ Make sure carpet is secured and get rid of throw rugs.
- ☐ Install tightly fastened handrails running the entire length and along both sides of stairs.
- ☐ Handrails should be 34 inches high and have a diameter of about 1.5 inches.
- ☐ Apply brightly colored tape to the face of the steps to make them more visible.
- ☐ Optimal stair dimensions are 7.2 inch riser heights with either an 11 or 12 inch tread width.
- ☐ Have adequate lighting in stairways, hallways, and pathways, with light switches placed at each end.

Tips extracted from the Colorado State University Extension