



# Fall-Risk Checklist for the Whole Home

A room-by-room scan for common hazards that can make everyday care harder.

## MAIN ROUTES

- Walk the route from bed to bathroom, bathroom to kitchen, favorite chair to front door, and bedroom to phone.
- Move cords, shoes, baskets, pet bowls, plant stands, low tables, and loose items out of those paths.
- Check the path again in low light, when many falls happen.

## FLOORS AND RUGS

- Look for curled rug edges, loose mats, slippery floors, raised thresholds, and flooring changes that catch a foot, cane, or walker.
- Use non-slip backing, tape down edges, or remove rugs that slide.
- Keep floors dry and clean up spills right away.

## LIGHTING

- Put soft night lights where feet first touch the floor, along the bathroom route, and near steps.
- Keep lamps or switches reachable from the bed and favorite chair.
- Replace burned-out bulbs and reduce glare where possible.

## STAIRS AND STEPS

- Check that stairways have steady handrails, clear steps, and visible edges.
- Remove objects from stairs. Do not use stairs as temporary storage.
- If steps feel unsafe, ask an occupational therapist, physical therapist, or qualified home-safety professional for help.

## BATHROOM AND GETTING UP

- Check for grab bars, non-slip surfaces, dry floors, reachable towels, and a stable shower chair or bench if one is used.
- Make sure the favorite chair, bed, and toilet are not so low that standing takes a big push.
- Store canes, walkers, glasses, hearing aids, and call buttons where they are actually used.

## SHOES, PETS, AND ROUTINES

- Keep well-fitting shoes or non-slip slippers by the bed. Avoid loose slippers and walking in socks on smooth floors.
- Plan for pets at busy times so they are not underfoot.
- Reduce rushing by building in time for bathroom trips, meals, and appointments.

This checklist does not replace professional home-safety advice. When in doubt, ask an occupational therapist or care professional.

## SOURCES CONSULTED

[CDC STEADI: Check for Safety: A Home Fall Prevention Checklist](#) | [MedlinePlus: Preventing falls](#)