

Fall-Proofing Your Home

Safety Checklist

Location in Your Home	Check one (✓)	Please answer the following questions in each category
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Bathroom



Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Is there a non-slip mat in the tub?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have a grab bar installed in the tub area?
<input type="checkbox"/>	<input type="checkbox"/>	Is there a non-slip mat beside the tub?
<input type="checkbox"/>	<input type="checkbox"/>	Are floors kept dry?
<input type="checkbox"/>	<input type="checkbox"/>	Do you use non-slip wax (or no wax) on floors?

Kitchen



Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Are floors kept clean and dry?
<input type="checkbox"/>	<input type="checkbox"/>	Do rugs and mats have a non-slip backing?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have and use a sturdy step stool to reach upper shelves?

Bedroom



Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Are floors kept free of clothing, shoes and clutter?
<input type="checkbox"/>	<input type="checkbox"/>	Do you use a night light or other source of light if you get up at night?

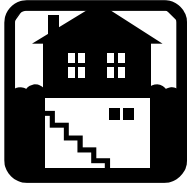
Halls and Stairs



Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Are rugs on the stairs or in the hall tacked down?
<input type="checkbox"/>	<input type="checkbox"/>	Do scatter rugs have a non-slip backing?
<input type="checkbox"/>	<input type="checkbox"/>	Are halls and stairwells well lit?
<input type="checkbox"/>	<input type="checkbox"/>	Are steps, stair coverings and railings kept in good repair?
<input type="checkbox"/>	<input type="checkbox"/>	Do all stairways have a sturdy handrail on both sides?
<input type="checkbox"/>	<input type="checkbox"/>	Are stairs kept clear of loose objects and clutter?

(please turn over)

Basement



Yes	No
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- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Is the basement area well lit (including stairs)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a sturdy handrail on the stairs (preferably on both sides)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the basement floor kept free of laundry, tools, etc.? |

Entrances



Yes	No
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- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are sidewalks, steps, porches and entries kept free of clutter, ice and water? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are sidewalks, steps, porches and entries kept in good repair? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the entry well lit (including steps)? |

Outdoor Areas



Yes	No
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- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are garden tools stored away after use? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are broken sidewalks and driveways repaired promptly? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are ladders kept in good repair? |

Handout adapted from the Saskatchewan Coalition for Fall Prevention Among Seniors (2000)
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Saskatoon Falls Prevention Consortium

