

Home Safety Checklist

Floors

- Keep objects off the floor such as shoes, books, papers, and clothes
- Remove rugs or use double-sided tape or a non-slip backing so rugs won't slip
- Coil or tape extension cords and wires next to the wall and out of the way
- Keep pathways clear of furniture
- Put no-slip strips on tile and wooden floors



Bedroom

- Place lamps close to the bed where they are easy to reach and use bright light bulbs
- Plug in night lights; battery-operated lights are available for areas without electrical outlets
- Keep a flashlight by your bed in case the power goes out
- Install a phone on the floor in case of an emergency

Bathroom

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower
- Consider a shower chair
- Use non-skid mats
- Install grab bars next to toilets and inside showers/tubs

Kitchen

- Keep often-used items in easy-to-reach places (about waist level)
- NEVER use a chair as a step stool
- If you must use a step stool, get one with a bar to hold on to

Stairs

- Fix loose or uneven steps
- Ensure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads to steps
- Install handrails on both sides of stairs
- Have bright lighting and light switches at the top and bottom of the stairs

Falls are not an inevitable part of aging and the risk of falling can be reduced! Find evidence-based workshops that can help reduce the fear and risk of falling near you at <https://www.ilpathwaystohealth.org/>

For more information call the Health Promotion Team at AgeOptions at (800)699-9043 or email ilpthreferral@ageoptions.org