

Take Steps to Prevent Falls

Checklist

HOME SAFETY
IS UP TO YOU!



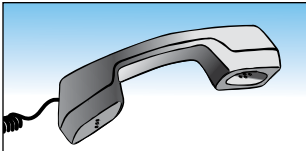
Take Care of Yourself

Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you take medication? Have your doctor or pharmacist review all of your medications, including over-the-counter medicine. Some medications can affect your balance and coordination.
Yes <input type="checkbox"/> No <input type="checkbox"/>	Have you had your eyes checked recently? See an eye doctor once a year. Poor vision can increase your chance of falling. Clean eyeglasses regularly.
Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you exercise regularly? Regular exercise builds strength and improves balance and coordination. Ask your doctor or other medical care provider about the best exercise for you.



Keep Pathways Clear

Yes <input type="checkbox"/> No <input type="checkbox"/>	Are there tripping hazards on the floor, in walking areas, or on stairways in your home? Keep walking areas clear of loose rugs, cords, shoes, clothing, books, magazines, paper, and other clutter. Always keep objects off the stairs.
Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you wipe up spilled liquids right away? Spills make your floors slippery; even a few drops of liquid or grease can be a slipping hazard.
Yes <input type="checkbox"/> No <input type="checkbox"/>	In winter, are sidewalks, outdoor steps, and walkways clear of ice, snow or standing water? Keep the walkways clear. If needed, ask for help with snow and ice removal.
Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you have pets or small children in your home? Watch where you step to make sure you don't trip or fall.



Slow Down

Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Do you rush to answer the phone or doorbell? Take your time. Being rushed or distracted increases your chances of falling. Get out of chairs slowly.</p>
Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Do you have electrical cords placed under rugs? Don't place electrical cords under rugs or through doorways. Unplug them and move them to a safer location.</p>
Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Do you get out of bed too quickly? Sit up a moment before getting out of bed. When standing, get your balance before walking.</p>



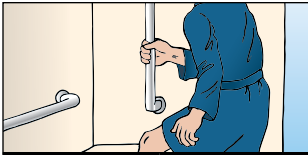
Lighting

Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Do all rooms have light switches reachable from the doorway? If not, ask for help installing new light switches.</p>
Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Do you have night lights along the path between your bedroom and the bathroom? Use night lights in walkways. They are the easiest and least expensive way to light the way.</p>
Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Do you turn on the lights before you use the stairs? Never climb stairs in the dark. Stairways should be well lit from top to bottom. If needed, ask for help installing new lights and switches.</p>



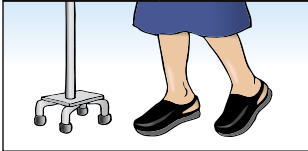
Rugs & Non-Slip Mats

Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Do your rugs have non-skid backing? Use rugs that have a rubber or non-skid backing. Smooth out all wrinkles and folds in your rugs and carpets.</p>
Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Is your carpeting wrinkled, torn, or worn? If so, ask for help getting it repaired or replaced.</p>
Yes <input type="checkbox"/> No <input type="checkbox"/>	<p>Are there non-slip bath mats in bathtubs and showers? Use non-slip mats in the bathtub and on shower floors to prevent slips and falls.</p>



Handrails & Grab Bars

Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you have grab bars in tubs, showers, and near all toilets? Install grab bars by the bathtub, shower, and toilet. Never use a towel rack or shower rod for support.
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are there sturdy handrails on both sides of the stairs? If not, ask for help securing loose handrails to the wall, or installing new handrails along the full length of both sides of the stairs.



Shoes & Mobility Devices

Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you wear high heels, loose shoes, or slippers? Wear sturdy, well-fitted, low-heeled shoes with non-slip soles. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.
Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you use a mobility device (cane, walker, or wheelchair)? Make sure your mobility device has been fitted for you. Consult your medical care provider.



Having a medical alert system can ensure that help arrives more quickly.

Post your medical history and medication list on your refrigerator or other visible area.

For life threatening emergencies, call 9-1-1

For information about fall prevention and safety, contact your local medical provider or visit: www.oregon.gov/OSP/SFM/CommEd_SR_Program.shtml.

Oregon State Police • Office of State Fire Marshal
4760 Portland Road NE • Salem, OR 97305-1760
503-934-8266 • osfm.ce@state.or.us

