



Preventing Falls Together

HOME ASSESSMENT CHECKLIST

This resource has been designed to identify hazards that may cause falls in a home. Some questions occur repeatedly because the same hazard can occur in more than one room in the home.

Please check all items that apply to you.

Exterior Entrance

- Steps or stairs have railings on both sides
- Edges of steps are clearly visible
- Steps have a non-slip surface
- Garage/shed is accessible from house
- Garage/shed floor is free from skid risks: water, oil, etc.
- Resident has arrangements for snow and ice removal
- Entranceway lighting is good
- Walkway and entrance are free of trip hazards
- Doors open easily

SUGGESTIONS: _____

Interior Entrance

- Light switch is within easy reach
- Lighting is good (at least 60 watts)
- There is a seat close by
- Flooring is non-slip
- Entrance is free of obstacles

SUGGESTIONS: _____

Kitchen

- Light switch is close to entrance
- Lighting is adequate
- Flooring is non-slip, level and in good repair
- Cleaning supplies are stored at an accessible height
- Cooking supplies, dishes and pots are easily reached
- A sturdy step stool with handrails is available
- Telephone or other cords are safely located

SUGGESTIONS: _____

Adapted from from material developed by the Lunenburg-Queens Falls Prevention Association



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Living Room

- Light switch is close to entrance
- Lighting is adequate
- Rugs are secure
- Flooring is non-slip
- Rugs have no ripples or tears
- Furniture placement minimizes risk
- Electrical cords are safely located
- Room is free of clutter

SUGGESTIONS: _____

Stairways (to upper level and/or basement)

- Light switches at top and bottom of stairs
- Lighting at top and bottom of stairs is adequate
- Sturdy handrails are present on both sides of stairs
- Handrail height feels comfortable when used for support
- Handrails extend 12 inches beyond the top and bottom steps
- Non-slip surfaces with edges marked in contrasting colour
- All steps are the same height and depth
- Stairs are free from obstacles and clutter

SUGGESTIONS: _____

Bedroom

- Light switch is close to entrance
- Lighting is adequate
- A lamp is easily reached from the bed
- A telephone is easily reached from the bed
- A flashlight is easily reached from bed
- Pathway to bathroom is clear and lit with a night light
- Electrical cords are safely located
- Flooring is non-slip
- Rugs have no ripples or tears

SUGGESTIONS: _____



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Bathroom

- Light switch is close to entrance
- A night light is present
- Bathtub plug is easy to reach and to use
- A non-slip rubber mat is used in the tub
- There are at least two secure grab bars in the tub area
- Portable tub grab bars remain secure when used for support
- Mat outside the bathtub has a rubber backing
- If a raised toilet seat is used, it is sturdy and secure
- A grab bar is located beside the toilet

SUGGESTIONS: _____

Personal Habits

- I move slowly after lying or sitting to prevent dizziness
- I have a strategy to follow if I were to fall, e.g., Personal Response Alarm
- I always wear well-fitted shoes with low heels and non-slip soles
- I use a cane or other mobility aid adjusted to my needs
- My cane or mobility aid is rubber-tipped
- I have met with an occupational therapist to have canes and other devices properly fitted.
- I do not wear clothes that create trip hazards (e.g., long housecoat)
- I avoid using bath oil
- I turn on a night light before I go to bed
- I turn on a light when I get up at night
- I make a point of knowing where my cat/dog is to avoid tripping
- I have had my vision and hearing checked within the past year
- I have my blood pressure checked regularly
- I have reviewed my medications with my doctor or pharmacist within the last year
- I participate in a regular exercise program

SUGGESTIONS: _____
