

- ___ You do not stand on the top of a step stool or climb beyond the second step from the top on a step ladder

OUTDOOR AREA

- ___ Walks and driveways in your yard are free of breaks
- ___ Lawns and gardens are free of holes
- ___ Garden tools and hoses are put away when not in use
- ___ Garage floors are free of grease and oil
- ___ Outdoor areas are free of rocks, loose boards and other tripping hazards
- ___ Outdoor walkways, steps and porches are free of wet leaves or ice
- ___ Mats are located at doorways for wiping feet
- ___ Do you know the safest way to walk into or from the house if you can't avoid a slippery surface
- ___ All doors (storm doors, screens) close slowly

FOOTWEAR

- ___ Shoes have soles and heels that provide good traction
- ___ House slippers fit well and don't fall off
- ___ You do not walk in your stocking feet
- ___ Wear low-heeled oxfords, loafers or sneakers when you work in the yard

PERSONAL PRECAUTIONS

- ___ If you have pets, you are alert for sudden movements across your path or pets getting underfoot

- ___ When you carry bulky packages you make certain they don't obstruct your vision
 - ___ You divide large loads into smaller loads whenever possible
 - ___ You take your time answering the phone or the door bell
 - ___ You are sure to get your balance when getting up from lying or sitting
 - ___ You scoot to the edge of the surface you are sitting on before standing up
 - ___ You hold onto grab bars when you get into the tub or shower
 - ___ If you wear glasses, your prescription is up to date
 - ___ If you live alone, you have daily contact with a friend or neighbor
 - ___ Drawers and cupboards kept closed
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Be sure to keep yourself in good medical condition, with moderate exercise, a good diet, enough rest and regular medical checkups. If you need a physician or health information, please call St. John SeniorLink toll-free at 1-888-751-5465.

HOW SAFE IS YOUR HOME?

(a checklist to identify falling hazards and safety risks for seniors)



ST. JOHN HOSPITAL
& MEDICAL CENTER

Falls in the home are all too common among seniors. Not only can they result in pain and inconvenience for the individual, many times they are preventable. If you are a senior or someone you love is, this handy checklist can help you recognize and eliminate aspects of the home that are unsafe.

Take a moment to inspect each room of your home. Your goal should be to answer, “yes” to each statement in the checklist. If you cannot answer “yes” to each statement, your home may not be safe against slips and falls. *For additional resources, please call St. John SeniorLink at 1-888-751-5465.*

HOUSEKEEPING

- Spills are cleaned up as soon as they occur
- Stairways are kept clean and free of clutter
- Floors are kept clean and free of clutter
- Frequently used items are on shelves that are within easy reach
- Cleaning supplies are stocked in each bathroom and kitchen to eliminate the need to carry extra items

FLOORS

- Freshly washed floors are not used until they are dry
- If floors are waxed, or self-polishing, non-skid wax is used
- All small rugs have non-skid backings
- There are no small rugs at tops or bottoms of stairs
- Carpet edges are tacked down
- Rugs and carpets are free of curled edges, worn spots and rips
- Rugs and carpets have short, dense pile

BEDROOM

- You can easily get in and out of bed
- Your bedspread is made without looped fringe
- If you use a walking aid, it is within easy reach of the bed
- If you use an electric blanket, the cord is safely secured and the controls are in easy reach
- You keep your eyeglasses within easy reach of the bed

BATHROOM

- A rubber mat or non-slip decals are used in the tub or shower
- A grab bar is securely anchored over the tub or on the shower wall
- Rugs have a non-skid backing
- Soap & shampoo are kept within easy reach

HALL WAYS/TRAFFIC LANES

- You can walk across every room in the home and from one room to another without detouring around the furniture
- The path from your bedroom to the bathroom is free of obstacles
- Telephone & appliance cords are kept away from areas where people walk
- Electrical cords are not frayed or exposed

LIGHTING

- Light switches are near every doorway
- There is enough good lighting to eliminate shadowy areas
- There is a lamp or lightswitch within easy reach of the bed

- Night lights in the bathroom and the hall leading from the bedroom to the bathroom
- Stairways are well lit
- Light switches are at the bottom and top of the stairway

STAIRWAYS

- Securely fastened handrails extend the full length of the stairs on each side
- Rails stand out from the walls so that you can get a good grip
- Rails are shaped so that you know when you reach the end of a stairway
- Stairways are in good shape — no broken, sagging or sloping steps
- Edges of the steps are clearly marked
- Stairway carpeting & metal edges are securely fastened & in good condition
- Single level steps have been replaced with gradually rising ramps or are well lighted or marked with brightly colored tape

LADDERS AND STEP STOOLS

- A sturdy step stool is used to reach high cupboards and closed shelves
- All ladders and step stools are in good condition
- The right height step stool or ladder is used
- Ladders & step stools are always set on a firm, level base that's clutter-free
- You always make sure a ladder or step stool is fully opened and that the spreaders are locked before you climb on it
- When using a ladder or step stool, you face the steps and keep your body between the side-rails