

# OPAAT FALL PREVENTION HOME SAFETY CHECKLIST

*Protecting Independence, One Step at a Time*

## GENERAL HOME SAFETY

- Remove loose rugs or secure them with non-slip backing
- Keep walkways clear of cords, shoes, and clutter
- Ensure all rooms have adequate lighting (especially hallways)
- Use nightlights in bedrooms, bathrooms, and hallways
- Keep frequently used items within easy reach to avoid climbing or bending

## ENTRYWAYS & STAIRS

- Install sturdy handrails on both sides of stairs
- Add non-slip treads or contrasting tape to stair edges
- Keep steps and landings free of objects
- Ensure outdoor paths are even and well-lit
- Use ramps where possible to avoid steep steps

## LIVING AREAS

- Arrange furniture to allow wide, clear walking paths
- Avoid low coffee tables or footstools in main walkways
- Secure electrical cords along walls
- Keep remote controls, phones, and glasses in easy-to-reach spots

## BEDROOM

- Place a lamp or light switch within arm's reach of the bed
- Keep a flashlight nearby for emergencies
- Remove clutter from floors and bedside areas
- Consider a bed height that's easy to get in and out of



## BATHROOM

- Install grab bars near the toilet and inside/outside the shower or tub
- Use non-slip mats inside and outside the shower/tub
- Keep toiletries within easy reach to avoid stretching
- Consider a shower chair or handheld showerhead for stability

## FOOTWEAR & CLOTHING

- Wear shoes with non-slip soles (avoid slippers without grip)
- Avoid overly long pants or robes that could cause tripping

## HEALTH & LIFESTYLE

- Schedule annual vision and hearing checks
- Review medications with a healthcare provider for side effects like dizziness
- Engage in balance and strength exercises (e.g., tai chi, walking)
- Stay hydrated to reduce dizziness and fatigue

**Tip: Revisit this checklist every 6 months or after any major home change to keep safety up to date.**

