



Take Steps to Prevent Falls

CHECKLIST



TAKE CARE OF YOURSELF

Yes ☐ No ☐

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.

Yes ☐ No ☐

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 ☐ No ☐

Do you wear well fitting, sturdy shoes with non-slip soles and a low heel?

Sturdy, well fitted shoes with non-slip soles is safer than wearing high heels, thick-soled athletic shoes, slippers, flip flops, or stocking feet.

Yes ☐ No ☐

Do you use a mobility device (cane, walker, wheelchair)?

Make sure your mobility device is fitted for you. Consult your medical care provider.

Notes:



NO NEED TO HURRY

Yes ☐ No ☐

Do you take a moment before getting up to answer the phone or door?

Take your time. Being rushed or distracted increases your chances of failing. Get out of chairs slowly. Stand and gain your balance before you start to walk. Scan your path before you start to walk.

Yes ☐ No ☐

Do you take your time getting out of bed?

Sit up and rest a moment before getting out of bed. When standing, get your balance and then scan your path before you start walking.



KEEP PATHWAYS CLEAR

Yes ☐ No ☐

Are there tripping hazards on the floor, in walking areas, or on stairways in your home?

Keeping walking areas clear of loose rugs, cords, shoes, clothing, books, magazines, paper and other clutter. Always keep objects off the stairs.

Yes ☐ No ☐

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 ☐ No ☐

In winter months are sidewalks, outdoor steps, and walkways clear of wet leaves, moss, ice, snow, standing water?

Keep the walkways clear. If needed, ask for help with ice and snow removal and keep outside paths clear of wet leaves, moss, and debris.

Yes ☐ No ☐

Do you have pets or children in your home?

Take care where you are around children and pets as they may dart in front of you or surprise you.

Notes:



LIGHTING

Yes ☐ No ☐

Do all rooms have light switches reachable from the doorway?

It's important that you can reach light switches from the doorway. Ask for help installing new light switches.

Yes ☐ No ☐

Do you have night lights along the path between your bedroom and bathroom?

Use night lights in walkways. They are the easiest and least expensive way to provide lighting.

Yes ☐ No ☐

Do you turn on 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. Consider adding motion-activated lights to stairways, hallway, bathrooms, and bedrooms.

Yes ☐ No ☐

Do you have sufficient light outside of your home to walk safely at night?

It's important that you can walk safely outside of your home at night. Consider adding motion-activated lights to outside areas of your home that you might access in darker conditions.



RUGS, NON-SLIP MATS, AND CARPETING

Yes ☐ No ☐

Are there non-slip bathmats in bathtubs and shower floors?

Use non-slip mats in the bathtub and on shower floors to prevent slips and falls.

Yes ☐ No ☐

Do your throw rugs have rubber, non-skid backing?

Use rugs that have a rubber or non-skid backing. Smooth out all wrinkles and folds in your rugs and carpets.

Yes ☐ No ☐

Is your carpeting wrinkled, torn, or worn?

If so, ask for help getting it repaired or replaced.

Notes:



OREGON STATE FIRE MARSHAL

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GRAB BARS AND HANDRAILS

Yes ☐ No ☐

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 ☐ No ☐

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.



MEDICATION REVIEW AND EMERGENCY CONTACT INFORMATION

Yes ☐ No ☐

Do you take medications? Have you had your doctor or pharmacist review your medications this year?

Have your doctor or pharmacist review all your medications annually, including over-the-counter medicine. Some medications can affect your balance and coordination. Keep your medications in one location in your home.

Yes ☐ No ☐

Do you have a current list of your medication, any chronic medical conditions, and emergency contact information? Would emergency response be able to find your list in an emergency?

Keep a list of your medications and dosage, including over the counter. Include any chronic medical conditions you have. Give a family member or caregiver a copy. Keep your updated list in a visible location like your refrigerator.

Notes:
