



A THA Group Fall Prevention Program

HOME SAFETY CHECKLIST

- Remove small throw rugs. For large carpets, secure the carpet edges with carpet tape and use rug liners to prevent the carpets from slipping.
- Eliminate low chairs.
- Consider installing handrails on both sides of all stairways.
- Ensure adequate lighting during the night (especially for pathways to a bathroom). Night lights can be very helpful.
- Consider installing grab bars for the bathtub/shower area and by the toilet.
- Consider using a shower chair or a transfer tub bench for the shower and converting a fixed shower head to a hand-held shower head.
- Consider purchasing an elevated toilet seat or a bedside commode to elevate the height of the toilet.
- Use a non-slip mat or safety decals in your bath or shower.
- Place smoke detectors and carbon monoxide alarms on every floor of your home and purchase a fire extinguisher, if needed.
- Carry a cordless phone around your home or consider getting a medical alert if you live alone.
- Store frequently used items on easy-to-reach shelves.
- Limit your need to climb steps by staying on one floor.
- If a walker or wheelchair will be used, check all rooms for easy access. Move furniture if needed.
- Avoid floor wax or use nonskid wax.
- Use caution with oxygen tubing to prevent falls. Do not use or store oxygen equipment near sources of heat (ex. stoves, space heaters, and fireplaces). Do not permit smoking in the same room as your oxygen equipment. Place no smoking signs outside your home.

Patient Name:

Completed By:

Date:



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