



Home Fall-Safety Walk-Through™

Check each area for small hazards that can turn an ordinary step into a fall.



WALK THROUGH YOUR HOME IN DAYLIGHT AND AFTER DARK

Look at the routes you use most often. Check each item after it has been addressed.



1 ENTRY & LIVING AREAS

- ☐ Clear clutter, cords and low furniture from walkways.
- ☐ Secure or remove loose rugs and curled edges.
- ☐ Keep frequently used paths wide and well lit.
- ☐ Choose stable chairs that are easy to rise from.



2 KITCHEN

- ☐ Store everyday items between waist and shoulder height.
- ☐ Clean spills promptly and keep floors dry.
- ☐ Use a stable step stool with a handhold when necessary.
- ☐ Avoid climbing on chairs or counters.



3 BATHROOM

- ☐ Add secure grab bars where support is needed.
- ☐ Use a nonslip surface in the tub or shower.
- ☐ Keep toiletries within easy reach.
- ☐ Consider a shower chair or raised toilet seat if helpful.



4 BEDROOM & NIGHTTIME ROUTES

- ☐ Keep a lamp, glasses and phone within reach.
- ☐ Light the route to the bathroom.
- ☐ Keep shoes, bedding and pet items out of walkways.
- ☐ Sit before standing if you tend to feel light-headed.



5 STAIRS

- ☐ Install secure handrails, ideally on both sides.
- ☐ Repair loose steps or uneven carpeting.
- ☐ Mark step edges if they are difficult to see.
- ☐ Keep stairs clear and turn on the light before using them.



6 OUTDOORS & GARAGE

- ☐ Repair uneven pavement and loose thresholds.
- ☐ Keep paths clear of leaves, hoses and tools.
- ☐ Add lighting near entrances and steps.
- ☐ Use extra caution on wet, icy or unfamiliar surfaces.



MY FIRST THREE CHANGES

1. _____
2. _____
3. _____



ASK FOR HELP WHEN NEEDED

An occupational therapist, physical therapist or qualified home-safety professional can suggest individualized changes, equipment and safer ways to complete daily tasks.



Gentle Reminder

A safer home should still feel like your home. Begin with the hazards along the routes you use every day.



Martine's Midlife Wellness Tip

Walk your usual nighttime route with the lights set exactly as they normally are. Hazards look very different at 2 a.m.

