

# Take Steps to Prevent Falls

## Checklist

**HOME SAFETY**  
IS UP TO YOU!



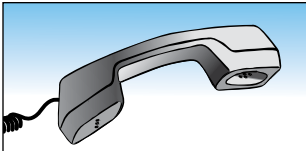
### Take Care of Yourself

Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you take medication?</b> Have your doctor or pharmacist review all of your medications, including over-the-counter medicine. Some medications can affect your balance and coordination.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Have you had your eyes checked recently?</b> See an eye doctor once a year. Poor vision can increase your chance of falling. Clean eyeglasses regularly.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you exercise regularly?</b> Regular exercise builds strength and improves balance and coordination. Ask your doctor or other medical care provider about the best exercise for you.



### Keep Pathways Clear

Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Are there tripping hazards on the floor, in walking areas, or on stairways in your home?</b> Keep walking areas clear of loose rugs, cords, shoes, clothing, books, magazines, paper, and other clutter. Always keep objects off the stairs.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you wipe up spilled liquids right away?</b> Spills make your floors slippery; even a few drops of liquid or grease can be a slipping hazard.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>In winter, are sidewalks, outdoor steps, and walkways clear of ice, snow or standing water?</b> Keep the walkways clear. If needed, ask for help with snow and ice removal.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you have pets or small children in your home?</b> Watch where you step to make sure you don't trip or fall.



## Slow Down

Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you rush to answer the phone or doorbell?</b> Take your time. Being rushed or distracted increases your chances of falling. Get out of chairs slowly.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you have electrical cords placed under rugs?</b> Don't place electrical cords under rugs or through doorways. Unplug them and move them to a safer location.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you get out of bed too quickly?</b> Sit up a moment before getting out of bed. When standing, get your balance before walking.



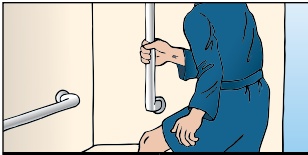
## Lighting

Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do all rooms have light switches reachable from the doorway?</b> If not, ask for help installing new light switches.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you have night lights along the path between your bedroom and the bathroom?</b> Use night lights in walkways. They are the easiest and least expensive way to light the way.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you turn on the lights before you use the stairs?</b> 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.



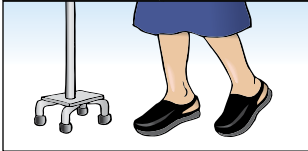
## Rugs & Non-Slip Mats

Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do your rugs have non-skid backing?</b> Use rugs that have a rubber or non-skid backing. Smooth out all wrinkles and folds in your rugs and carpets.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Is your carpeting wrinkled, torn, or worn?</b> If so, ask for help getting it repaired or replaced.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Are there non-slip bath mats in bathtubs and showers?</b> Use non-slip mats in the bathtub and on shower floors to prevent slips and falls.



## Handrails & Grab Bars

Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you have grab bars in tubs, showers, and near all toilets?</b> Install grab bars by the bathtub, shower, and toilet. Never use a towel rack or shower rod for support.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Are there sturdy handrails on both sides of the stairs?</b> 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.



## Shoes & Mobility Devices

Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you wear high heels, loose shoes, or slippers?</b> Wear sturdy, well-fitted, low-heeled shoes with non-slip soles. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.
Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>Do you use a mobility device (cane, walker, or wheelchair)?</b> Make sure your mobility device has been fitted for you. Consult your medical care provider.



**Having a medical alert system can ensure that help arrives more quickly.**

**Post your medical history and medication list on your refrigerator or other visible area.**

### For life threatening emergencies, call 9-1-1

For information about fall prevention and safety, contact your local medical provider or visit: [www.oregon.gov/OSP/SFM/CommEd\\_SR\\_Program.shtml](http://www.oregon.gov/OSP/SFM/CommEd_SR_Program.shtml).

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