

HOME SAFETY CHECKLIST



Help prevent falls around your home using this Home Safety Checklist courtesy of SilverSneakers®.

Fall prevention is vital to an active lifestyle because it reduces the risk of injury and helps you stay independent longer. Use this checklist to identify areas in and around your home where simple modifications can help prevent falls.

General Recommendations

- Wear non-skid footwear in the house.
- Use lights that are easily accessible and close to doorways.
- Have adequate lighting in and outside of your home.
- Repair furniture that is unstable or broken.
- Keep a phone within arm's reach.

Bathroom

- Use nonslip strips or a rubber mat on the floor of the tub or shower to prevent slipping.
- Install grab bars for the bathtub, shower and toilet.
- Use a nightlight.

Bedroom

- Make sure the lamp near your bed is easy to reach.
- Use a nightlight to see where you're walking if you need to get up in the middle of the night.
- Use lights that are easily accessible and close to doorways to avoid stumbling or tripping hazards.
- Consider adding a bed rail to help when getting in and out of bed.

Kitchen

- Keep often-used items on lower shelves to avoid the need to use stepstools and chairs.



(Checklist continues on flip side)

Stairs

- Remove items from the stairs.
- Fix loose or uneven steps.
- Ensure handrails on stairs are secure. Handrails on both sides of the stairs are encouraged.
- Fix any loose carpet on the stairs, or replace the carpet with nonslip rubber treads.
- Have a light and light switch at both the bottom and top of your stairs.
- Consider installing a stair lift if you have difficulty going up and down the stairs.

Floors

- Remove throw rugs in all rooms and hallways, or secure them firmly to the floor.
- Remove clutter from floor.
- Coil or tape electrical cords and wires next to the wall so you don't trip over them, or have an electrician add a more convenient outlet.

Outside the home

- Ensure entryways have proper lighting in order to see where you are walking.
- Use motion-activated lights for safety and sufficient light in dark areas.
- If you have steps to your doorway, make sure the stairs have secure handrails.

Talk with your doctor about an occupational therapy or physical therapy referral to assess your in-home safety and possible risk for falls.

Strength, balance and flexibility are also important for preventing falls. **SilverSneakers** can help. Included with many Medicare Advantage plans and select Medicare Supplement plans, SilverSneakers offers in-person and online classes¹ and workshops at no additional cost.



Activate your **FREE** online account today for more tools and resources from SilverSneakers.

[SilverSneakers.com/StandStrong](https://www.silversneakers.com/StandStrong)



Questions? We're here to help!

1-888-338-1729 (TTY: 711) Monday – Friday, 8 a.m. – 8 p.m. ET

Always talk with your doctor before starting an exercise program.

1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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