

FALLS PREVENTION CHECKLIST

SAFETY TIPS FOR OLDER ADULTS



Keep your home tidy and remove any clutter that could cause a fall.



Repair any tripping hazards (e.g. floorboards, loose steps).



Check your eyesight on a regular basis.



Wear socks that have non-slip treads.



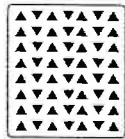
Install grab bars near toilet seats, showers, and tubs.



Test your hearing. Ensure hearing aids fit well.



Use a non-slip rug pad or rug tape to keep rugs in place.



Use non-slip mats in the shower or tub.



Stay physically active to avoid muscle loss.



Install handrails on both sides of stairs. Use anti-slip stair treads.



Use slip resistant soles when walking indoors.



Go for regular walks to maintain bone health.



Install bright light bulbs in dimly lit areas.



Place commonly used items within easy reach.



Check for dizziness as a side-effect of medications.



Use a cane or a walker to help keep your balance steady.



Avoid the use of chairs to reach items.



Keep rested, and aim to sleep 7-9 hours each night.



Be aware of the location of your pets to avoid tripping.



Use a reaching aid device to reach items in high places.



Stand up slowly from a seated position to avoid dizziness.