



Home Fall Prevention Checklist

Simple changes that can make everyday movement safer

Make walking paths safer

- ☐ Remove loose rugs, cords, clutter, and low furniture from frequently used paths.
- ☐ Keep stairs, hallways, bathrooms, and the route to the toilet well lit. Use night-lights.
- ☐ Keep items you use often within easy reach. Avoid climbing on chairs or stools.
- ☐ Use secure handrails on stairs and non-slip surfaces in the tub or shower.

Move with care

- ☐ Wear well-fitting, non-slip footwear. Avoid walking in socks on smooth floors.
- ☐ Stand up slowly and pause before walking, especially if you feel lightheaded.
- ☐ Use your prescribed walker, cane, or other device as instructed. Do not hold furniture instead.
- ☐ Keep a phone or alert device within reach, especially when alone.

Review health risks

- ☐ Tell your care team about every fall, near-fall, new dizziness, weakness, numbness, or vision change.
- ☐ Ask your clinician or pharmacist whether any medicine may cause sleepiness, dizziness, or low blood pressure.
- ☐ Follow the exercise and activity plan provided by your therapist or physician.

After a fall: do not rush to stand. Check for pain or injury and call for help. Call 911 for severe pain, a possible head or neck injury, loss of consciousness, new weakness, chest pain, or trouble breathing.

Sources: [CDC STEADI - Check for Safety](#)

Educational use: Follow your individualized care plan and instructions from your physician, nurse, therapist, or pharmacist. Call 911 for a medical emergency.