



# HOME FALL PREVENTION

## CHECKLIST FOR TRIBAL MEMBERS

### OUTSIDE: ENTRANCE TO THE HOME

**Q: When you are walking up to your door are their objects blocking your pathway?**

- Have a family member or someone help you remove objects from the pathway leading up to your home.

**Q: At night can you clearly see the pathway leading up to the entrance of your home?**

- Have an electrician install lights if needed or have a family member replace light bulbs. Also, mark stairs so uneven surfaces are visible.

**Q: If you have steps leading into the entrance of the home, are handrails broken or absent on both sides of the stairs?**

- Have a carpenter install handrails along the full length of stairs on both sides.

**Q: Do you have outdoor or indoor pets?**

- Be cautious when dealing with pets. Many falls involve owners tripping over their animals.

### FLOORS: LOOK AT THE FLOOR IN EACH ROOM

**Q: Do you have throw rugs on the floor?**

- Remove rugs or use double-sided tape or a non-slip backing so the rugs won't slip or fold. If carpet is frayed have a carpenter replace or tack down worn out areas of carpet.

**Q: When you walk through a room, do you have to walk around furniture?**

- Ask someone to move the furniture so your path is clear.

**Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?**

- Pick up things that are on the floor. Always keep objects off the floor.

**Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?**

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

### STAIRS AND STEPS: LOOK AT THE STAIRS YOU USE BOTH INSIDE AND OUTSIDE YOUR HOME

**Q: Are there papers, shoes, books, or other objects on the stairs?**

- Pick up things on the stairs. Always keep objects off stairs.

**Q: Are some steps broken or uneven?**

- Fix loose or uneven steps. If uneven surfaces are hard to see, mark edges of steps in contrasting colors.

**Q: Are you missing a light over the stairway?**

- Have an electrician put in an overhead light at the top and bottom of the stairs.

**Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?**

- Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

**Q: Has the stairway light bulb burned out?**

- Have a friend or family member change the light bulb.

**Q: Is the carpet on the steps loose or torn?**

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stair.

**Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?**

- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

## KITCHEN: LOOK AT YOUR KITCHEN AND EATING AREA

**Q: Are the things you use often on high shelves?**

- Keep things you use often on the lower shelves (about waist level).

**Q: Is your step stool unsteady?**

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

## BATHROOMS: LOOK AT ALL OF YOUR BATHROOM

**Q: Are the tub or shower floors slippery?**

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower. *Tip: Regular socks tend to be slippery on tile surfaces.*

**Q: Do you need some support when you get in and out of the tub or up from the toilet?**

- Have a carpenter put grab bars inside the tub and next to the toilet.

## BEDROOMS: LOOK AT ALL OF YOUR BEDROOMS

**Q: Is the light near the bed hard to reach?**

- Place a lamp close to the bed where it's easy to reach or have a flash light nearby.

**Q: Is the path from your bed to the bathroom dark?**

- Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

**Q: Is your bed easy to get on and off of?**

- Adjust bed height so your legs are not too bent while sitting and not too high where your feet can't touch the ground.

## OTHER THINGS YOU CAN DO TO PREVENT FALLS

- **FOOTWEAR:** Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- **LIGHTING:** Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- **MORE LIGHTING TIPS:** It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- **EMERGENCY CONTACTS:** Keep emergency numbers in large print near each phone.
- **TELEPHONE:** Put a phone near the floor in case you fall and can't get up.
- **LIFE ALERT:** If available in your community, think about wearing an alarm device that will bring help in case you fall and can't get up.



ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER  
[WWW.AASTECC.NET](http://WWW.AASTECC.NET) • [AASTECINFO@AAIHB.ORG](mailto:AASTECINFO@AAIHB.ORG)  
1-800-658-6717 (TOLL FREE)



TRIBAL  
INJURY  
PREVENTION  
PROGRAM