



## Preventing Falls Safety Checklist

Review each of the following safety tips. Check the ones that need to be addressed:

- Keep emergency numbers in large print near each phone
- Put a phone near the floor in case a fall occurs and your loved one is unable to get Up
- Wear shoes that give good support and have thin, non-slip soles- Avoid wearing slippers and athletic shoes with deep threads
- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where your loved one walk
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- Keep outside walks and steps clear of snow, wet leaves and ice
- Remove small throw rugs or use double sided tape to keep them from slipping
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- Move furniture so the path around the house is clear
- Clean up spills immediately
- Be aware of where pets are at all times
- Check cords and wires- Coil or tape them next to the wall so they cannot be tripped over- If needed, have an electrician add more outlets
- Store the most often items used for cooking and cleaning within easy reach in cabinets (That is about waist high for your aging loved one)
- Never use a chair as a step stool. Use a steady step stool with a hand bar

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