



10 Ways to Prevent Falls at Home

A room-by-room safety checklist for older adults and the families who love them.

1 in 4

adults 65 and older report a fall every year, and falls are the leading cause of injury death at this age. The good news: many falls can be prevented with simple changes.

How to use this guide: walk through your home with this checklist. Tick each box once it's done — or ask a family member to help with the bigger fixes.

1

Clear your walking paths

- ☐ Move furniture so you never have to walk around it.
- ☐ Pick up papers, shoes, boxes and clutter from the floor.
- ☐ Coil or tape cords along the wall — or have an outlet added.

2

Remove or secure throw rugs

- ☐ Take small rugs away — they are easy to trip on.
- ☐ Rugs you keep: add double-sided tape or a non-slip backing.



3

Light up your stairs

- ☐ Replace any burned-out bulbs over the stairway.
- ☐ Have a light and a switch at the top and the bottom.
- ☐ Glow-in-the-dark switches help you find them at night.

4

Make stairs safe to grip and step

- ☐ Handrails on both sides, running the full length, tight.
- ☐ Fix loose carpet or broken steps; add non-slip treads.
- ☐ Keep stairs clear, and paint each top edge a bright color.

5

Keep everyday items within reach

- ☐ Move kitchen items you use often to waist-level shelves.
- ☐ Use a sturdy step stool with a grab bar — never a chair.

6

Slip-proof the bathroom

- ☐ Put a non-slip mat or strips on the tub or shower floor.
- ☐ Install grab bars inside and next to the tub or shower.
- ☐ Add a grab bar beside the toilet.

7

Light the way at night

- ☐ Keep a lamp you can reach without getting out of bed.
- ☐ Add night-lights from the bed to the bathroom.



8

Wear safe shoes and take your time

- ☐ Wear shoes inside and out — no bare feet or loose slippers.
- ☐ Get up slowly after sitting or lying down.

9

Check your medicines and your eyes

- ☐ Ask your doctor or pharmacist to review all your medicines — some cause dizziness or drowsiness.
- ☐ See an eye doctor at least once a year and update your glasses.

10

Build strength and balance

- ☐ Do exercises that improve your balance and leg strength.
- ☐ Ask your doctor which activities are safe for you.

Be ready, just in case

- ☐ Post emergency numbers in large print near each phone.
- ☐ Keep a phone you could reach from the floor.
- ☐ Consider a wearable alert device that calls for help.

Want help with #10?



Leading Fitness offers balance and strength training for adults 55+ — one-on-one at home, online or in small groups.

Book a free assessment: 689-677-8278 •
leadingfitnessgroup.com

Checklist adapted from the CDC's "Check for Safety: A Home Fall Prevention Checklist for Older Adults." Statistic from CDC Older Adult Falls Data. This guide is for general education and does not replace advice from your doctor.