

The Savvy Seals Fall Risk Checklist

Name _____ Date _____

INSIDE

- ☐ Clear walkways (no cords, shoes, clutter)
- ☐ Rugs are secured (no curling edges)
- ☐ Nightlights in hall/bathroom (path is easy to see)
- ☐ Good lighting in every room (bulbs working)
- ☐ Handrails on stairs (secure + not loose)
- ☐ Frequently used items are within easy reach
- ☐ Bathrooms: grab bars in shower/tub + sturdy shower mat (non-slip)
- ☐ Chairs/bed are stable (no wobble)
- ☐ Floors are dry/clean (no spills; wipe up quickly)
- ☐ Pets' toys/food dishes are kept off walking paths
- ☐ Shoes/footwear with good grip are worn indoors

OUTSIDE

- ☐ Clear walkways of debris and ice
- ☐ Use handrails outside
- ☐ Ensure good outdoor lighting
- ☐ Keep pathways even and free of obstacles
- ☐ Wear appropriate footwear for weather
- ☐ Watch for uneven surfaces
- ☐ Avoid walking in poor weather conditions
- ☐ Keep outdoor areas well-lit
- ☐ Use non-slip mats on steps

