

Home Fall Prevention Checklist

Falls are the leading cause of injury among older adults. Use this simple checklist to identify common hazards in your home and reduce your risk of falling.

Entryways & Hallways

- ☐ Walkways are clear of clutter and obstacles
- ☐ Rugs are secured or removed
- ☐ Thresholds and transitions between rooms are level and easy to cross
- ☐ Hallways are well-lit
- ☐ Light switches are easily accessible

Living Areas

- ☐ Electrical cords are secured and out of walkways
- ☐ Furniture is arranged to provide clear walking paths
- ☐ Frequently used items are within easy reach
- ☐ Floors are free of loose objects and tripping hazards

Kitchen

- ☐ Frequently used items are stored between waist and shoulder height
- ☐ Floors are kept clean and dry
- ☐ Step stools are sturdy and in good condition
- ☐ Walkways are free from clutter and pet items

Bathroom

- ☐ Grab bars are installed where needed
- ☐ Non-slip mats are used in the tub or shower
- ☐ Floors are kept dry
- ☐ Adequate lighting is available at all times

Stairs

- ☐ Handrails are secure on all stairways
- ☐ Steps are free of clutter
- ☐ Stair surfaces are in good condition
- ☐ Light switches are available at the top and bottom of stairs

Bedroom

- ☐ A lamp or light switch is within reach of the bed
- ☐ Pathways to the bathroom are clear
- ☐ Frequently used items are easy to access
- ☐ Floors are free of cords, shoes, and other obstacles

General Home Safety

- ☐ Smoke detectors are working properly
- ☐ Nightlights are installed in key areas
- ☐ Shoes and slippers provide good traction
- ☐ Vision prescriptions are current
- ☐ Mobility aids are in good condition and used properly

Your Results

- ☐ 0-3 Items Need Attention: Great job! Continue regular safety checks.
- ☐ 4-8 Items Need Attention: Consider addressing these hazards soon.
- ☐ 9+ Items Need Attention: A comprehensive home safety assessment may be beneficial.

MI Home Independence

Helping Michigan residents live safely, confidently, and independently in their homes.