



**FALL PREVENTION CHECKLIST**

*Simple reminders to help reduce fall risks and support safer living at home and in the community.*

**Home Safety**

- Walkways are free from clutter
- Rugs and cords are secured safely
- Rooms and hallways are well lit
- Frequently used items are within reach

**Bathroom Safety**

- Non-slip mats are used in bathrooms
- Grab bars are available if needed
- Bathroom floors are kept dry

**Mobility & Physical Safety**

- Mobility devices are used safely
- Supportive, non-slip footwear is worn
- Transfers are completed carefully
- Rest breaks are taken when fatigued

**Health & Wellness**

- Medications are reviewed regularly
- Dizziness or balance changes are monitored
- Vision appointments are kept up to date
- Recent falls or near-falls are discussed with providers

**Notes**

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