



# City of Fairfax Fire Department

## Fall Prevention Check List

### Common Areas/Living Room

1. Do you have to walk around furniture when you walk through a room? Is there a clear path for movement free of small items on the floor?  YES  NO

Suggested Action - Clear items from the floor, such as papers, magazines, blankets, boxes, and clothing. Ask someone to move the furniture, so your path is clear.

2. Do you have throw rugs or entry rugs on the floor?  YES  NO

Suggested Action - Remove the rugs or use double-sided tape or a non-slip backing so that the rugs won't slip. It is important to have a flat, sturdy floor covering to walk on.

3. Do you have to walk over or around wires or cords (like a lamp, telephone, or extension cords)?  YES  NO

Suggested Action - Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in additional outlets.

### Kitchen

4. Are the things you often use on high shelves hard to reach?  YES  NO

Suggested Action - Move items in your cabinets to a more easy-to-reach location. Keep things you often use on the lower shelves or about waist-high. Do not place heavy items on the upper shelves.

5. If you utilize a step stool, is it unsteady?  YES  NO

Suggested Action - If you must use a step stool, get one with a bar for balance. Never use a chair, barstool, box, or other items as a substitute for a step stool.

### Stairways/Hallways

6. Are there papers, shoes, books, or other objects on the stairs?  YES  NO

Suggested Action - Pick up and remove all items from the stairs. Always keep objects off the stairs.

7. Are the stair treads and handrail of the stairway sturdy? Is the carpet firmly secured to the stairs, if applicable?  YES  NO

Suggested Action – Repair broken, loose, or damaged stair treads. Fix loose handrails or put in new ones. Ideally, ensure handrails are on both sides of the stairs and are as long as the stairs. Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

8. Do you have a functional light over the stairway or hallway?  YES  NO

Suggested Action – If the light bulb has burned out, replace it. If no light is currently in place, consider having one installed with switches at the top and bottom of the stairway or either end of the hallway. Consider using a night light to illuminate the floor in hallways used at night.

### **Bedrooms**

9. Is the light switch or lamp near the bed easy to reach?  YES  NO

Suggested Action - Place a lamp or portable light close to the bed where it's easy to reach.

10. Is there a clear path for movement free of small items on the floor? Is that path easy to use if you make frequent trips to the bathroom at night?  YES  NO

Suggested Action – Remove items from the walkway to reduce the chances of tripping. Utilize night lights along the path from the bedroom to the bathroom.

11. Do you need to get out of bed or reach far to use the telephone?  YES  NO

Suggested Action - A longer phone extension cord (cord secured to the wall) to bring the phone closer to the bed. Ideally, a cordless phone within easy reach of the bed means you can move the handset close to the bed and carry it around the house.

### **Bathrooms**

12. Is the tub or shower floor slippery? Is it difficult to stand during a shower?  YES  NO

Suggested Action - Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower. A shower seat allows you to shower without getting tired or risking a fall.

13. Do you need support when you get in and out of the tub or up from the toilet?  
 YES  NO

Suggested Action - Have grab rails installed inside the tub and beside the toilet. Grab rails are designed to support a person's weight and can be reinforced using bathroom wall construction. Do not use towel racks because they are not designed to support a person's weight.