



Home Assessment Checklist for Fall Hazards

Exterior

- Are step surfaces nonslip?
- Are step edges visually marked to avoid tripping?
- Are steps in good repair?
- Are stairway handrails present? Are handrails securely fastened to fittings?
- Are walkways covered with a nonslip surface and free of objects that could be tripped over?
- Is there sufficient outdoor lighting to provide safe ambulation at night?

Interior

- Are lights bright enough to compensate for limited vision? Are light switches accessible to the patient before entering rooms?
- Are lights glare free?
- Are stairways adequately lighted?
- Are handrails present on both sides of staircases?
- Are hand rails securely fastened to walls?
- Are step edges outlined with colored adhesive tape and slip resistant?
- Are throw rugs secured with nonslip backing?
- Are carpet edges taped or tacked down?
- Are rooms uncluttered to permit unobstructed mobility?
- Are chairs throughout home strong enough to provide support during transfers? Are armrests present on chairs to provide assistance while transferring?
- Are tables (dining room, kitchen, etc) secure enough to provide support if leaned on?
- Do low-lying objects (coffee tables, step stools, etc) present a tripping hazard?
- Are telephones accessible?

Kitchen

- Are storage areas easily reached without having to stand on tiptoe or a chair?
- Are linoleum floors slippery?
- Is there a nonslip mat in the sink area to soak up spilled water?
- Are chairs wheelfree, armrest equipped, and of the proper height to allow for safe transfers?
- If the pilot light goes out on the gas stove, is the gas odor strong enough to alert the patient?
- Are step stools strong enough to provide support? Are stool treads in good repair and slip resistant?

Bathroom

- Are doors wide enough to provide unobstructed entering with or without a device?
- Do door thresholds present tripping hazards?
- Are doors slippery, especially when wet?
- Are skid-proof strips or mats in place in the tub or shower?
- Are tub and toilet grab bars available? Are grab bars securely fastened to the walls?
- Are toilets low in height? Is an elevated toilet seat available to assist in toilet transfers?
- Is there sufficient, accessible and glare-free light available?

Bedroom

- Is there adequate and accessible lighting available? Are night-lights and/or bedside lamps available for nighttime bathroom trips?
- Is the pathway from the bed to the bathroom clear to provide unobstructed mobility (especially at night)?
- Are beds of appropriate height to allow for safe on and off transfers?
- Are floors covered with a nonslip surface and free of objects that could be tripped over?
- Can patient reach objects from closet shelves without standing on tiptoe or a chair?