How to Prevent Falls: A Home Safety Checklist

Falls can cause serious injury. Fortunately, most falls can be prevented. Use this checklist to find and fix fall hazards in your home.

	No	Yes	If Yes, How to Fix	Who Will Fix the Hazard (for example: family member, neighbor)
BEDROOM				
Is it hard to reach a light from your bed?	☐	☐	• Place a lamp or flashlight close to the bed. 	
Is the path from your bed to the bathroom dark or cluttered?	☐	☐	• Use a night light or glow-in-the-dark tape to create a well-lit path. • Keep the path clear of objects you could trip on. 	
BATHROOM	**No**	**Yes**		
Is the tub or shower slippery?	☐	☐	• Place a nonslip mat or self-stick strips in the bathtub and/or on the shower floor. 	
Do you need support taking a bath, showering or using the toilet?	☐	☐	• Install grab bars next to the tub and toilet. • Use a shower chair, bath bench and/or raised toilet seat. 	
KITCHEN AND STORAGE	**No**	**Yes**		
Do you struggle to reach items you use often?	☐	☐	• Keep items you use often in an easy-to-reach place. • If you must store something out of reach, use a step stool with a support bar. Never stand on a chair. 	
FLOORS	**No**	**Yes**		
Are there throw rugs, objects you might trip over or uneven flooring?	☐	☐	• Get rid of throw rugs or secure them with double-sided tape. • Coil or tape electrical cords next to the wall. • Clear objects from the floor (for example: papers, books, shoes). • Fix uneven floors and replace missing tiles. 	
Is the floor slippery?	☐	☐	• Clean up spills right away. • Avoid waxing your floors. 	

		If Yes, How to Fix	Who Will Fix the Hazard (for example: family member, neighbor)
STAIRS (IF ANY)	**No Yes**		
Are there trip hazards on the stairs?	☐ ☐	• Clear the stairs of objects. • Secure any loose sections of carpet on the stairs. • Fix loose hand rails. 	
Are the stairs hard to see?	☐ ☐	• Install or replace lighting in stairwells. • Place glow-in-the-dark tape on the edge of each step. 	
PETS (IF ANY)	**No Yes**		
Are there pets in the home?	☐ ☐	• Watch out for pets when you walk, especially at night. • Keep dog beds, litter boxes and other pet items out of the way. 	

Free or Low-Cost Home Maintenance and Repair Programs

New York City Housing Authority (NYCHA)
Customer Contact Center for residents of NYCHA housing
Call 718-707-7771

New York City Mayor's Office for People with Disabilities – Housing Resources
Housing programs and resources for people with disabilities
Call 311

Some insurance programs **reimburse for adaptive home safety equipment** *(for example: shower chairs, raised toilet seats and grab bars)*. Talk to your doctor or call your insurance provider to learn more.

For more information, visit **nyc.gov** and search **preventing falls**.

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