

Fall Prevention: Home Safety Inventory¹

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Figure 1. Check doors and windows to be sure they present no safety hazards.

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The home you have lived in most of your life can cause problems as you age. The good news is there are changes you can make to reduce risk of falling and keep your home a safe place to live.

Use this inventory to find possible problem areas in your home. Circle yes or no for each item. Skip any items that do not apply to you. If you answer “no” to any of the questions, make the needed change(s) as soon as possible.

By reviewing these questions and making needed changes, you will make your home a safer place for yourself and others who live with you. Most falls occur in the home, so it is wise to take time to do a home safety inventory.

For more information about fall prevention, visit these websites:

NIH SeniorHealth: <http://nihseniorhealth.gov/falls/aboutfalls/01.html>

UF/IFAS Extension: <http://solutionsforyour-life.ufl.edu>

National Institute on Aging: <https://www.nia.nih.gov/health/publication/falls-and-fractures>

National Osteoporosis Foundation: <http://nof.org/articles/15>

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Contact your local UF/IFAS Extension office. You can find your local UF/IFAS Extension office in the county government section of the telephone book or at <http://extension.ifas.ufl.edu/map/>. Ask your UF/IFAS Extension agent about the Elder Nutrition and Food Safety Program (ENAFS), and find out if she or he

is offering this or other educational programs related to fall prevention, nutrition, food safety, or health.

Table 1. Home Safety Inventory.

Windows and Doors		
Are windows and doors easy to open and close?	Yes	No
Are door thresholds low and easy to step over?	Yes	No
Is there space to move while opening and closing the door?	Yes	No
Does the front door have a peephole at the right height for you?	Yes	No
Floor Surfaces		
Are all surfaces non-slip?	Yes	No
Are rugs and doormats tacked down?	Yes	No
Are floor level changes well marked?	Yes	No
Steps/Stairways		
Do you have handrails on both sides of the stairway?	Yes	No
Are stair treads deep enough for your whole foot?	Yes	No
Kitchen and Bath		
Can you sit while working in the kitchen?	Yes	No
Can you get into and out of the tub or shower with ease?	Yes	No
Do you have a rubber mat in your bathtub or shower?	Yes	No
Do you have grab bars in the bathroom?	Yes	No
Electrical Outlets and Switches		
Are outlets and switches easy to turn on and off?	Yes	No
Are extension cords in good condition?	Yes	No
Is the telephone available for emergencies?	Yes	No
Lighting		
Do you have adequate lighting through the entire house?	Yes	No
Do you have night-lights where needed?	Yes	No