

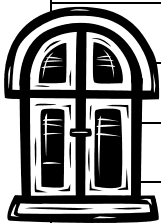
# Fall Prevention: Home Safety Inventory<sup>1</sup>

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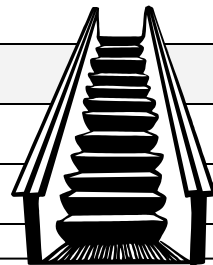


Homes you've lived in most of your life can increase your risk for falls as you age. There are changes you can make to reduce risk of falling and keep your home a safe place for you to live in.

Use this inventory to find possible problem areas in your home. Circle *yes* or *no* for each item. Be sure to look at both pages. Skip any items that don't apply to you. If you answer "no" to any of the questions, make the needed change(s) as soon as possible.



<b>Windows and Doors</b>		
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 maneuver while opening and closing the door?	Yes	No
Does the front door have a peephole at the right height for you?	Yes	No
<b>Floor Surfaces</b>		
Are all surfaces non-slip?	Yes	No
Are rugs and doormats tacked down?	Yes	No
Are floor level changes well marked?	Yes	No
<b>Steps/Stairways</b>		
Do you have handrails on both sides of the stairway?	Yes	No
Are stair treads deep enough for your whole foot?	Yes	No



1. La versión en español de este document es Prevención de Caídas: Inventario de Seguridad en el Hogar (FCS2229Span). This document is FCS2229, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published: April 2005. Revised: April 2009.
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<b>Kitchen/Bath</b>			
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
<b>Electrical Outlets/Switches</b>			
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
<b>Lighting</b>			
Do you have adequate lighting all through the house?		Yes	No
Do you have nightlights where needed?		Yes	No

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 taking the time for a home safety inventory is time well spent.

For more information about fall prevention, look at our University of Florida IFAS Extension Web site, <http://solutionsforyourlife.ufl.edu>, or check with your county Extension office. You can find your local Extension office in the blue pages of the telephone book or online at <http://solutionsforyourlife.ufl.edu/map/>. Ask your Extension agent if s/he is offering ENAFS educational programs related to fall prevention or other areas of interest to older adults in nutrition, food safety or health.