



For Your Safety

a home fall prevention checklist

OUTSIDE

- steps and paths are level
- area is well lit
- walkways are clear
- handrails installed
- mobility aids in use
- well-fitting + non-slip shoes in use

IN THE BATHROOM

- secure a non-slip bathmat
- keep floors dry
- adequately light the room
- secure rugs with non-slip tape
- handrails + grab bars installed

IN THE BEDROOMS

- lamp within reach
- night lights in walkways
- phone within reach
- cables are kept tidy
- everyday items are accessible
- floor is kept clear

for more info and resources visit ruhealth.org/falls



FALL PREVENTION
PROGRAM

Riverside
University
HEALTH SYSTEM



RIVERSIDE COUNTY
OFFICE ON AGING