



SAINT LOUIS
CONCIERGE

Slip and Fall Prevention Checklist



Avoiding a Fall is the Best Way to Stay Safe, Secure and Independent

Falls are the second leading cause of accidental death in the U.S. To help maintain your independence, it's important to protect yourself from falls.

Review this checklist for ways you can prevent falls. Check off each compliant item in your home. Items that get no check mark represent a potential hazard. Saint Louis Concierge would be happy to assist you. Call us to arrange a complete Safety Check of your home.

Steps and Stairs

- Assure adequate lighting on all stairways, with glowing light switches at the bottom and top of stairs.
- Install sturdy handrails on both sides of all flights of stairs.
- Remove all objects from stairways.
- Provide good footing on inside and outside stairways.
- Securely fasten all treads, risers and carpeting.
- Install anti-slip paint or tape.
- Paint a brightly colored strip on the top and bottom steps.

Bedroom

- Install night-lights in all sleeping areas, hallways and bathrooms.
- Place a lamp close to the bed where it is easy to reach.
- Have a telephone and television remote near the bed.
- Keep a flashlight handy.
- Be sure the path from the bed to the bathroom is clear of clutter.
- Remove any floor rugs.
- Keep dresser drawers closed.
- Raise your mattress in order to get in and out of bed easily.
- Pause at the edge of the bed before getting up to avoid dizziness.



Bathroom

- Be sure to turn the lights on when you enter.
- Clear the pathway to the bathroom of clutter, wires or cords.
- Make shower and bathtub floors skid-resistant with rubber matting or adhesive appliqués.
- Place nonskid bath rugs outside each shower and tub.
- Mount grab bars at the toilet, bath and shower.
- Be sure shower stalls have code-standard shatterproof glass.
- Install adjustable height shower heads.
- Consider sitting on a bench or stool in the shower.
- Place a mounted liquid soap dispenser in the bathtub and shower.
- Remove soap build-up in tub or shower on a regular basis.
- Use an elevated toilet seat to make it easier to sit and stand.
- Have a telephone close or wear a safety device when showering.

Kitchen

- Keep a step stool with handrail available to reach upper cabinets.
- Be sure there is good lighting in the room and the work areas.
- Arrange cabinets so frequently used items are easy to reach.
- Clean up spills and wet spots immediately.
- Keep cabinets and drawers closed.



Kitchen (continued)

- Use a non-skid wax on the floor.
- Keep a counter-top toaster oven available to avoid leaning over or trying to reach inside an oven.
- Check to see that your appliances are in good condition and accessible.

Living Rooms and All Other Areas

- Make sure floorboards are even and rugs are secured to the floor.
- Replace or repair frayed, wrinkled or torn carpeting.
- Arrange furniture to create clear paths between rooms.
- Have light switches or sound-activated lamps at entrances to rooms.
- Keep lighting uniform in each room and add lighting to dark spaces.
- Keep electrical and phone cords out of walkways, and out from under rugs.
- Keep a flashlight in the bedroom, kitchen and living room.
- Don't walk on freshly washed or waxed floors.
- Use a non-skid floor wax.
- Store frequently used items where you can reach them comfortably.
- Remove low coffee tables, magazine racks, footrests, and plants from pathways where walkers or crutches are used.
- Remove wobbly chairs or tables that might be leaned upon.
- Seating should be firm and high, with armrests to assist in standing.



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- Have a telephone and television remote near your favorite chair.
- Wall-to-wall carpet should not be heavily patterned or deep pile.
- Keep in mind a solid carpet color will show the edges of steps more clearly.
- Use a brightly colored piece of tape to show the edge of stairs.

Outdoors, Garage and Workshop

- Repair cracks, holes and uneven surfaces in walkways.
- Wipe up grease, oil and other substances immediately.
- Ensure that driveway, walkways and entrances are well lit.
- Install railings on porches, balconies and structural elevations. Both sides of steps should have handrails.
- Install grates or covers over window wells.
- Keep areas free of tools, toys, tree branches and debris.
- Remove leaves, snow and ice promptly from stairways and walk areas.
- Use salt or sand throughout the winter months.
- Be sure there is a clear pathway from your car to the entry door.
- Make sure there is a good lighting all the way to the door.
- Make sure garage and entry doors are easy to open and close.
- Paint the edges of outdoor steps that are especially narrow or uneven.

Ladders

- Store ladders away from heat and exposure to the elements.
- Check weight capacities of ladders before using.
- Learn and practice proper ladder techniques.



Ladders (continued)

- Inspect the condition of all ladders. Check for:
 - Splits or cracks on side rails.
 - Loose rungs, steps, rails, braces or hardware.
 - Sound connection points.
 - Rough burrs or sharp edges on metal ladders.
 - Deterioration of fiberglass ladders.
 - Frayed rope on extension ladders.
- Do not repair damaged ladders. Dismantle and discard.

General Safety

- Install and maintain a smoke detector in every room.
- Install a CO detector in the bedroom and living room.
- Wear non-slip, low-heeled shoes or slippers with rubber grippers on the bottom.
- Do not walk around in stocking feet.
- Use helping devices such as walkers or canes if necessary.
- Review medications with your doctor or pharmacist.
- Have your hearing and eyesight checked. Inner ear problems can affect balance and vision problems make it difficult to see potential fall hazards.
- Exercise regularly to improve balance, flexibility, strength and overall well-being.
- If you feel dizzy, sit down and allow time for the dizziness to clear. Stand up slowly and hold onto something steady.
- Consider an alarm device to bring help in case you fall and can't get up.
- Be aware that alcohol affects your balance.

Notes





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**Personal Assistance and Concierge Services
for Seniors and Their Families.**

Contact Saint Louis Concierge to schedule your
personal home safety inspection.

www.STLConcierge.com

Appointments can be scheduled online.

Contact: Joseph White

Call or Text: (314) 399-2223

Email: Concierge@STLConcierge.com



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