

Alaska's Home Fall Prevention Checklist:

Use this checklist to find and fix hazards in your home

FLOORS

- ☐ Keep pathways clear and free of clutter
- ☐ Remove excess furniture
- ☐ Remove loose mats and rugs
- ☐ Secure loose carpets with double-sided tape
- ☐ Tape or coil cords and wires next to the wall

BATHROOMS

- ☐ Use adhesive anti-slip strips in shower or tub
- ☐ Install grab bars near toilet and inside shower or tub
- ☐ Keep floors dry
- ☐ Install night lights

STAIRS and STEPS (INDOORS and OUTDOORS)

- ☐ Fix loose or uneven steps
- ☐ Remove obstacles from stairs
- ☐ Keep stairways well-lit. Install light switches at the top and bottom of stairs.
- ☐ Install handrails on both sides of stairs, ensure they are secure

SPECIAL TIPS FOR ALASKA:

- ☐ **Winter Safety:** Keep entryways and stairs free of ice and snow. Use shoe traction cleats and spread sand or salt on walkways to improve grip.
- ☐ **Year-round Safety:** Keep outdoor walkways, stairs and driveways lit for visibility. Ensure handrails are installed near outdoor stairs.

BEDROOMS

- ☐ Place lamps within easy reach from bed
- ☐ Install night lights
- ☐ Keep walking devices within reach
- ☐ Keep floor clear of bed linens on all sides

KITCHEN

- ☐ Keep frequently used items on lower shelves
- ☐ Avoid standing on chairs or stools to reach items
- ☐ If you need to use a stepstool, choose one with grab bar at the top for you to hold

Visit Alaska's Injury Prevention and Surveillance Unit website: <https://health.alaska.gov/en/division-of-public-health/chronic-disease-prevention/alaska-injury-prevention-and-surveillance-unit/>