



SECURE SAFETY SOLUTIONS®

FALL PREVENTION

HOME SAFETY CHECKLIST

Stay independent. Stay confident. Stay safe.

Reduce fall risks and create a safer home environment for yourself or your loved one.

= Check completed safety items

LIGHTING

- Bright LED bulbs in all rooms and hallways
- Motion-activated lights for bedrooms, hallways, and bathrooms
- Night-lights in areas used after dark
- Bedside lamp within easy reach

FLOORS & WALKWAYS

- Remove loose rugs and keep walkways wide and clutter-free
- Secure electrical cords against walls
- Remove low tables, plant stands, and footstools from walking paths

STAIRS & HANDRAILS

- Handrails installed on both sides of stairs whenever possible
- Stair surfaces are non-slip and in good condition
- Stair edges are clearly visible
- Keep stairs free of clutter
- Adequate lighting at top and bottom of stairs

BATHROOM SAFETY

- Securely installed grab bars inside shower/tub and beside toilet (not towel bars)
- Shower chair or bench
- Non-slip strips inside tub/shower and non-slip mat outside shower
- Raised toilet seat if needed

BEDROOM SAFETY

- Bed height allows safe entry and exit – Remove bed frame and place box springs & mattress directly on floor if necessary to achieve the desired overall bed height.
- Use only properly installed bed rails or assist devices meeting safety guidelines
- Sturdy chair for dressing
- Clear path from bed to bathroom

KITCHEN SAFETY

- Frequently used items stored between waist and shoulder height
- Avoid step stools whenever possible
- Keep floors dry and clutter-free
- Use only non-slip mats that are fully secured

SEATING & FURNITURE SAFETY

- Chairs and sofas are stable and easy to get in and out of
- Avoid chairs with wheels unless necessary
- Frequently used seating has armrests

FOOTWEAR

- Wear supportive indoor and outdoor shoes
- Avoid loose slippers and floppy sandals
- Wear non-skid socks with wrap around tread design at night

MOBILITY & BALANCE

- Use a properly fitted cane or walker if recommended
- Avoid carrying heavy or awkward items in house or while walking to and from car

PET SAFETY

- Keep pet toys out of walkways
- Be aware of pets underfoot
- Use caution around leashes and feeding bowls

MEDICATION & HEALTH RISKS

- Review medications that may cause dizziness or drowsiness
- Monitor blood pressure changes when standing
- Report recent falls or near-falls

HEALTH & WELLNESS

- Schedule annual vision and hearing evaluations
- Stay hydrated and eat regularly

OUTDOOR SAFETY

- Walkways free of cracks and uneven surfaces
- Handrails available at outdoor steps
- Outdoor areas are well-lit
- Remove leaves, snow, water, and debris

EMERGENCY PREPAREDNESS

- Wear a medical alert device, smartwatch, or other fall-detection technology if appropriate
- Maintain a family or neighbor check-in routine

Need help making your home safer?

visit www.SecureSafetySolutions.com today!

Smarter Safety Solutions For Over ThirtyFive Years

Trusted by hospitals, care facilities & home caregivers nationwide, Canada, Europe & Asia.