



## Falls prevention checklist

Take some time to walk round your home and use this checklist to help you find any hazards. They can be hard to spot when you live with them every day, so ask your friends or family to help.

### 1. Approaching your home

Are the walkways smooth and level? Y  N

Is the path clear of clutter? Y  N

Are hedges and bushes cut back? Y  N

Do you have any external/ motion-sensor lighting? Y  N

Do any steps to the door have rails on either side? Y  N

Is the threshold low enough not to trip? Y  N

Notes:

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### 2. Hall/stairs

Is there enough light? Check for any missing light bulbs. Y  N

Are there light switches at the top and bottom of the stairs? Y  N

Are there any loose rugs you could trip on? Y  N

Is there any clutter or anything left on the stairs? Y  N

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- Do the stairs have sturdy handrails? Y  N
- Is the carpet worn or frayed? Y  N
- Are there any loose floorboards? Y  N

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### 3. Living room

- Is there enough light? Y  N
- Is every piece of furniture necessary? Too many chairs and tables can block your path. Y  N
- Is the furniture stable? Y  N
- Is there at least one chair you can get in and out of easily? Y  N
- Is there a clear walk path? Y  N
- Are electrical cords run behind furniture and not across the floor or under a rug? Y  N
- Are there any cables you could trip on? Y  N

Notes:

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### 4. Kitchen

- Is the floor clean of any liquid, grease or food spills? Y  N
- Are the things you use most often within easy reach? Y  N
- Do you need to use a stepladder to reach things? Y  N
- Do you have a step stool/ladder with a handrail? Y  N
- Are floor coverings in good repair and securely fixed? Y  N

Notes:

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## 5. Bathroom

Are any rugs/mats non-slip? Y  N

Is there a non-slip mat in the bath? Y  N

Are there any grab rails near the bath and toilet? Y  N

Can you easily reach the toilet paper? Y  N

Is there anywhere to sit if you feel dizzy? Y  N

Notes:

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## 6. Bedroom

Is there a lamp close to the bed? Y  N

Do you have any nightlights or a torch? Y  N

Is the path to the bathroom clear and well lit? Y  N

Is there a phone near the bed? Y  N

Are rugs/carpets secured down? Y  N

Is there any support for getting in and out of bed if you need it? Y  N

Notes:

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**Action plan** Eg: *Replace light bulb on the landing*

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You can request a home hazard assessment if you're worried that you might be at risk of having a fall. Contact your GP or local council. An occupational therapist can advise you on aids and adaptations to help you move safely around your home.