

# FINDING OUR BALANCE

PREVENT SLIPS, TRIPS & STUMBLES



## Use this checklist to identify and remove hazards at home that increase the risk of falls.

### Shoes

- Wear low-heeled, non-skid, supportive shoes that can be firmly fastened.

### Floors

- Remove throw rugs and secure loose carpets.
- Keep walkways clear of clutter.
- Tape cords and wires next to the wall so you don't trip over them.

### Steps and Stairways

- Fix loose handrails or have new ones installed on both sides of the stairs.
- Fix loose or uneven steps.
- Make sure stairways have good lighting.
- Place light switches at the top and bottom of the stairs.
- Keep stairs free of clutter.
- Paint the top edge of steps a contrasting color to make them easier to see.

### Bathroom

- Place a nonskid rug in front of your tub or shower.
- Install wall bars inside the shower or tub, and next to the toilet.
- Use a shower chair and a handheld showerhead.
- Use a nonskid bathmat or adhesive strips in the tub or shower
- Install night lights.

### Lighting

- Make sure stairways, halls and walkways are well lit.
- Put lamp and light switches where they are easy to reach.

### Living room/bedroom/kitchen

- Use furniture that is easy get in and out of (knee height or higher).
- Rearrange the room to create clear walking spaces.
- Keep frequently used items within easy reach.
- Keep a phone and light/flashlight within reach on the bedside table.
- Install night lights in your bedroom.
- Keep the floor clear from bedding on all sides.



For more information about what YOU can do to prevent falls visit [doh.wa.gov/findingourbalance](https://doh.wa.gov/findingourbalance).