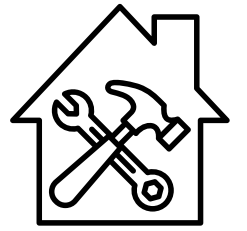


# Top 10 Home Fall Hazards & Fixes



## 1. Inadequate Lighting:

- ☐ Use motion sensor lighting near stairs, doorways & beds
- ☐ Install bright lighting outside home entry points
- ☐ Provide multiple sources of lighting in bathroom & kitchen/task lighting in kitchen
- ☐ Check for glare or shadowy areas. Both can distort depth perception.

## 2. Out of Reach Lighting & Cabinets

- ☐ Use large rocker switches or motion-activated lights near entrances and bathrooms.
- ☐ Place light switches between 15-48 inches off the floor
- ☐ Place lamps within easy reach from beds or chairs
- ☐ Use adjustable height cabinet storage
- ☐ Move most-used items to within reach, use reacher tools or lazy susans
- ☐ Lower cabinets

## 3. Loose rugs or mats

- ☐ Secure with non-slip backing or remove entirely

## 4. Wet bathroom floors

- ☐ Use non-slip flooring or low-profile, textured mats
- ☐ Avoid throw rugs, or secure with non-slip backing

## 5. Low toilet seat and/or bed mattress too low or too high

- ☐ Use comfort height toilet (17-19") or install a toilet seat riser
- ☐ Use bed mattress approx. 20-23 inches from floor:
  - When sitting on edge of the bed, feet rest flat on floor, knees at 90 degree angle
  - Install bed handle

## 6. Missing grab bars

- ☐ Install grab bars in the shower, bath & next to the toilet

## 7. Missing handrails

- ☐ Install secure, easy-to-grip handrails on both sides of stairs & steps

## 8. Clutter

- ☐ Clear hallways, walkways, stairs & other pathways of cords, boxes, furniture & clutter

## 9. Uneven or cracked thresholds and walkways

- ☐ Inspect driveways, sidewalks, entries and exits for cracks, shifts or other obstacles
- ☐ Level thresholds between rooms or use beveled transitions to reduce tripping

## 10. Twist knobs, handles, and drawer pulls

- ☐ Switch to lever style handles and D shaped drawer pulls



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