Fall Prevention

CHECKLIST

- ☐ Talk to your doctor if you have dizziness or balance concerns
- ☐ Keep up to date on your eye exams
- ☐ Get rid of throw rugs
- ☐ Clean up clutter
- ☐ Make sure the pathways in your home are clear, wide & well-lit
- ☐ Always use the handrail when using stairs
- ☐ Install grab bars in the bathroom
- ☐ Have a nightlight in your bed-room or a light next to your bed
- ☐ Use your cane or walker, if you have one
- ☐ Don’t rely on furniture to prop you up