



# How to Prevent Falls: A Home Safety Checklist

**Falls can cause serious injury.  
Fortunately, most falls can be prevented.  
Use this checklist to find and  
fix fall hazards in your home.**



**Who Will Fix  
the Hazard**  
(for example:  
family member,  
neighbor)

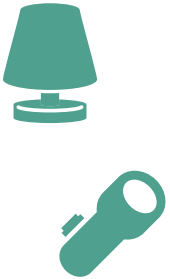
**If Yes, How to Fix**

**BEDROOM**

No Yes

**Is it hard  
to reach a  
light from  
your bed?**




- Place a lamp or flashlight close to the bed.



**Is the path  
from your  
bed to the  
bathroom  
dark or  
cluttered?**

- Use a night-light or glow-in-the-dark tape to create a well-lit path.
- Keep the path clear of objects you could trip on.



		If Yes, How to Fix		Who Will Fix the Hazard (for example: family member, neighbor)
BATHROOM	No	Yes		
Is the tub or shower slippery?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Place a nonslip mat or self-stick strips in the bathtub and/or on the shower floor.</li> </ul>	
Do you need support taking a bath, showering or using the toilet?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Install grab bars next to the tub and toilet.</li> <li>Use a shower chair, bath bench and/or raised toilet seat.</li> </ul>	 

**Who Will Fix  
the Hazard**  
(for example:  
family member,  
neighbor)

**If Yes, How to Fix**

**KITCHEN AND  
STORAGE**

No Yes

**Do you  
struggle  
to reach  
items you  
use often?**

- Keep items you use often in an easy-to-reach place.
- If you must store something out of reach, use a step stool with a support bar. Never stand on a chair.



**Who Will Fix  
the Hazard**  
(for example:  
family member,  
neighbor)

**If Yes, How to Fix**

**FLOORS**

No Yes

**Are there  
throw rugs,  
objects  
you might  
trip over  
or uneven  
flooring?**



- Get rid of throw rugs or secure them with double-sided tape.
- Coil or tape electrical cords next to the wall.
- Clear objects from the floor (for example: papers, books, shoes).
- Fix uneven floors and replace missing tiles.



**Is the floor  
slippery?**

- Clean up spills right away.
- Avoid waxing your floors.



		If Yes, How to Fix	Who Will Fix the Hazard (for example: family member, neighbor)
STAIRS (IF ANY)	No Yes		
Are there trip hazards on the stairs?	<input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Clear the stairs of objects.</li> <li>• Secure any loose sections of carpet on the stairs.</li> <li>• Fix loose hand rails.</li> </ul>	
Are the stairs hard to see?	<input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Install or replace lighting in stairwells.</li> <li>• Place glow-in-the-dark tape on the edge of each step.</li> </ul>	

**Who Will Fix  
the Hazard**  
(for example:  
family member,  
neighbor)

**If Yes, How to Fix**

**PETS (IF ANY)**    No    Yes

**Are there  
pets in the  
home?**

- Watch out for pets when you walk, especially at night.
- Keep dog beds, litter boxes and other pet items out of the way.



# Free or Low-Cost Home Maintenance and Repair Programs

## **New York City Housing Authority (NYCHA)**

Customer Contact Center for residents of NYCHA housing

**Call 718-707-7771**

**New York City Mayor's Office for People with Disabilities - Housing Resources** Housing programs and resources for people with disabilities

**Call 311**

Some insurance programs **reimburse for adaptive home safety equipment** (for example: shower chairs, raised toilet seats and grab bars).  
Talk to your doctor or call your insurance provider to learn more.

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For more information, visit [nyc.gov](https://www.nyc.gov) and search **preventing falls**.

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