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.
### How to prevent falls in the bedroom.

<table>
<thead>
<tr>
<th>Bedroom Area</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is it hard to reach a light from your bed?</td>
<td>![☐]</td>
<td>![☐] • Place a lamp or flashlight close to the bed.</td>
</tr>
<tr>
<td>Is the path from your bed to the bathroom dark or cluttered?</td>
<td>![☐]</td>
<td>![☐] • Use a night-light or glow-in-the-dark tape to create a well-lit path.</td>
</tr>
<tr>
<td></td>
<td>![☐]</td>
<td>![☐] • Keep the path clear of objects you could trip on.</td>
</tr>
</tbody>
</table>

**Who Will Fix the Hazard**
(for example: family member, neighbor)
### If Yes, How to Fix

<table>
<thead>
<tr>
<th>BATHROOM</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the tub or shower slippery?</td>
<td>□  □</td>
<td>• Place a nonslip mat or self-stick strips in the bathtub and/or on the shower floor.</td>
</tr>
</tbody>
</table>
| Do you need support taking a bath, showering or using the toilet? | □  □ | • Install grab bars next to the tub and toilet.  
• Use a shower chair, bath bench and/or raised toilet seat. |

Who Will Fix the Hazard  
(for example: family member, neighbor)
<table>
<thead>
<tr>
<th>KITCHEN AND STORAGE</th>
<th>If Yes, How to Fix</th>
<th>Who Will Fix the Hazard (for example: family member, neighbor)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you struggle to reach items you use often?</td>
<td>No ☐ Yes ☐</td>
<td>• Keep items you use often in an easy-to-reach place.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• If you must store something out of reach, use a step stool with a support bar. Never stand on a chair.</td>
</tr>
</tbody>
</table>
### How to prevent falls on floors.

- **Are there throw rugs, objects you might trip over or uneven flooring?**
  - **No**
  - **Yes**
    - 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?**
  - **No**
  - **Yes**
    - Clean up spills right away.
    - Avoid waxing your floors.

**Who Will Fix the Hazard** (for example: family member, neighbor)
How to prevent falls on stairs.

<table>
<thead>
<tr>
<th>STAIRS (IF ANY)</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
</table>
| Are there trip hazards on the stairs? | ☐ ☐ | • Clear the stairs of objects.  
• Secure any loose sections of carpet on the stairs.  
• Fix loose hand rails. |
| Are the stairs hard to see? | ☐ ☐ | • Install or replace lighting in stairwells.  
• Place glow-in-the-dark tape on the edge of each step. |
### How to prevent falls from pets.

**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.**

**Who Will Fix the Hazard**

(for example: family member, neighbor)
Free or Low-Cost Home Maintenance and Repair Programs

**Met Council’s Project Metropair**
For renters, homeowners or qualified condominium or co-op owners
Call 212-453-9542 or email homeservices@metcouncil.org

**New York Foundation for Senior Citizens**
For homeowners or qualified condominium or co-op owners
Call 212-962-7655.

**The Parodneck Foundation’s Senior Citizen Homeowner Assistance Program (SCHAP)**
No- and low-interest loans and extensive technical assistance for qualified senior citizen homeowners
Call 212-431-9700, extension 300

**Rebuilding Together NYC’s Accessibility Upgrades Program**
Accessibility upgrades for eligible low-income older adults or disabled residents
Call 718-488-8840

**Neighborhood Housing Services’ Home Improvement Program**
Loans to homeowners for moderate repairs
Call 212-519-2500

(Continued on next page)
BronxWorks Minor Repair Program
Minor home repairs for seniors in the Bronx
Call 718-933-5300

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.

For more information, visit nyc.gov and search preventing falls.