

Falls Safety Checklist



A quick note before you start

This checklist **cannot guarantee that a fall will never happen**. What it *can* do is help you **reduce the risks you can control** by spotting hazards and making simple, practical changes around your home.

Many people find that completing this checklist gives peace of mind and confidence. Think of it as a personal safety MOT for your home.

How often to use this checklist:

- Work through it **every 3–6 months**
- Repeat it **after a fall, illness, hospital visit, or change in mobility**
- Re-check it **whenever furniture, equipment, or routines change**

Take your time. Walk around your home room by room. You can do this on your own or alongside a family member. Tick off each item honestly — anything you can't tick becomes a clear action to improve your safety.

Checklist completed on:

Next review due: _____

Entrance, hallways & stairs

- My path to the front door is clear of clutter, pots, bins, and trip hazards
- Any external steps are even, stable, and in good repair
- My stairs have handrails on **both sides** where possible
- Handrails are firmly fixed and comfortable for me to grip
- Stair edges are easy for me to see (good contrast or anti-slip strips)
- Stair carpets or coverings are secure with no loose edges
- I can reach light switches for hallways and stairs without stretching or bending
- Motion-sensor or night lighting is in place in hallways, stair landings, and routes to the bathroom
- Shoes, bags, and deliveries are stored away from walkways

Living room & everyday living areas

- Floors are free from loose rugs or mats
- Any rugs I keep are secured with non-slip backing
- Electrical cables are kept out of walking areas
- Furniture is arranged so I can move around easily
- Chairs and sofas feel stable when I sit down or stand up
- Chair height allows me to stand up without struggle (chair raisers are fitted if needed)
- Low tables, footstools, or magazines are not in my main walking routes
- Items I use every day (remote controls, phone, glasses) are within easy reach from where I usually sit

Kitchen

- Items I use most often are stored between waist and shoulder height
- I rarely need a step stool (and if I use one, it is stable and non-slip)
- Spills are cleaned up straight away and floors are kept dry
- Non-slip mats are used near the sink if the floor becomes wet
- Kettle, toaster, and appliances are positioned so I don't have to stretch or reach (an easy-tip kettle is used if helpful)

Bedroom

- When I sit on the bed, my feet rest flat on the floor
- I can reach a lamp or light switch from the bed
- Night-time lighting is available for trips to the bathroom (plug-in sensor lights are used if I don't want to disturb a partner)
- The floor around the bed is clear and easy to walk around
- Slippers or shoes with good grip are kept by the bed
- Clothes and drawers are easy to reach without bending low or stretching high
- Any walking aid I use is within arm's reach of the bed

Bathroom & toilet

- Grab rails are fitted near the toilet and in the bath or shower
- Grab rails feel solid and secure when I use them
- Non-slip mats are used inside and outside the bath or shower
- A shower chair or bath seat is used if my balance is unsteady
- The toilet seat height allows me to stand up comfortably
- Soap, shampoo, and towels are easy to reach without twisting
- Bathroom lighting is bright and reduces shadows

Flooring & footwear (often overlooked)

- All floor surfaces are even and well maintained
- Changes between rooms are smooth and clearly visible, with no raised edges or confusing colour changes
- Loose thresholds or raised edges have been repaired
- Shoes I wear indoors fit well and have non-slip soles
- Socks worn indoors have grip soles (or I avoid socks on smooth floors)
- Dressing gowns or clothing do not trail on the floor

Vision, health & daily habits

- I've had my eyes checked within the last 12 months
- I wear my glasses as prescribed and keep them clean
- My medications are reviewed regularly for side effects like dizziness or balance problems
- I drink enough fluids to avoid dizziness or light-headedness
- I keep moving with regular activity to maintain strength and balance
- Any walking aid I use is the right height and in good condition

Less obvious but high-impact checks

- The routes I use most (bed to bathroom, chair to kitchen) are especially clear
- Pets wear bells on their collars so I can hear them moving around me
- Curtain or blind cords are kept out of walking areas
- My home is warm enough so I don't rush or stiffen up from the cold
- Outdoor paths are checked regularly for moss, leaves, or uneven paving
- I think about seasonal risks such as wet leaves, ice, or darker evenings

Preventing falls is important — but being able to get help quickly is just as vital.

Call for help

- I have a **reliable way to call for help** in every part of my home

Key safe

- A **key safe** is fitted so help can get in quickly if needed and/or a key holder is nearby and available

Personal alarm

- I use a **personal alarm or monitoring device**, not just a mobile phone that might be out of reach

Rising aids

- I consider **lifting cushions** if getting up from the floor would be difficult

Stay warm

- If a fall happens, I know to try and **stay warm whilst waiting for help**

Finally, walk around your home and ask:

"If I fell here, what would I do next?"

Think this through calmly, room by room. Thinking it through now could make a real difference later.