



## Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

[www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### Home Safety Checklist - Falls

**INSTRUCTIONS:** Use this checklists to conduct a hazard inspection in your home. Check each item YES, NO or N/A (not applicable).

#### Falls

YES   N/A   NO

- |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1. Are all stairways clear of objects which could cause a person to trip?                          |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2. Do all stairways have a firmly anchored handrail?   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3. Are all stairways well-lighted?   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4. If you have small children, do you keep safety gates closed across the entrances to stairwells? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5. Are stair coverings securely anchored?  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you have a safe step ladder for home use?  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you have a safe step stool with a hand rail for reaching high shelves?                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 8. Are all scatter rugs skid-proof, and do they lay flat?  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 9. Are all carpets securely anchored?  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 10. Are all entrance ways, exits, halls and walks well-lighted?                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 11. Are night lights used to prevent stumbling around in the dark?                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 12. Are all walks, porches and doorways clear of obstacles?  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 13. Are all hard-surfaced floors clean, are spills wiped up immediately?                           |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 14. Is non-skid wax used on all polished floors?   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 15. Is proper footwear worn to prevent slips, trips, falls and other fall injuries?                |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 16. Do bath tubs and showers have non-skid strips or suction mats in them?                         |

YES    N/A    NO

\_\_\_    \_\_\_    \_\_\_

17. Are grab bars installed in bathtubs and showers?

\_\_\_    \_\_\_    \_\_\_

18. Are lamp, extension, and telephone cords placed out of traffic areas?

\_\_\_    \_\_\_    \_\_\_

19. Are all chairs, tables and beds safe to use?

Count up the "**No**" check marks. Each of these could result in an accident.  
The more "**No**" checks, the greater the risk.

**DON'T BE SATISFIED UNTIL YOU HAVE A "NO" HOME!!**