



## BALANCE PROGRAM

### CHECKLIST FOR PREVENTING FALLS IN YOUR HOME

- ✓ Increase **lighting** in your home by using the highest watt bulb allowed for the light fixture. Use frosted bulbs to reduce glare.
- ✓ Always turn on **lights** before walking into a dark room, even if you are only going in for a moment.
- ✓ Keep the **light** on in the bathroom at night, or use a night light.
- ✓ Make sure **stairs** are well lit and there is a light switch at both the top and the bottom. Mark edges of steps with non-skid contrasting strips.
- ✓ Have sturdy handrails that run the full length on both sides of all **stairways**, extending slightly beyond the first and last step. Use handrails.
- ✓ Slip-proof the **bath tub** or **shower** with rubber mat or non-slip decals.
- ✓ Install grab bars over the **bath tub** or on the **shower wall**.  
Replace towel racks with sturdier grab bars.
- ✓ Make sure all **carpets** have short, dense pile and edges lie flat. Tack down loose edges with double-sided carpet tape or tacks. No shag carpets.
- ✓ Scatter **rugs** slide and are hazardous, use skid proof rugs or runners.
- ✓ Keep walking areas and stairs free of **clutter**.  
Are telephone and electrical cords out of the flow of traffic or taped down?
- ✓ Use a sturdy **step stool** or ladder to reach high places.
- ✓ Wipe up **spills** as soon as they occur.
- ✓ Don't block your vision when carrying **bulky packages**.  
Make more trips with smaller loads.
- ✓ Give yourself time to adjust your **balance** when getting up from sitting or from a lying down position.