
Safety Checklist to Prevent Falling

- I get out of bed slowly, rolling to my side, and then sitting up before I stand.
- I sit when dressing. My clothing fits securely. There are no dangling hems or cords. They are short enough to avoid tripping on.
- My shoes fit well and are in good repair. My shoes have a firm, non-slip sole and slightly rounded heel. I avoid wearing slippers, and I never wear socks without shoes.
- I regularly clean my glasses. I can reach them from my bed. I only wear distance glasses when walking. I do not walk while wearing bifocal or multifocal glasses.
- I eat at least three servings of high calcium foods (milk, yogurt, cheese, salmon) each day.
- I take my medication as prescribed. I know what the side effects are. I know which medication may cause dizziness. I never drink alcohol when I am on medication.
- I exercise (putting weight through my legs) at least three times a week, which improves my balance and makes me steady on my feet.
- I call for assistance when needed.
- My apartment is free of clutter. I ask for help when I need to reach up high. I never stand on a chair or piece of furniture.
- I can get out of my lounge chair easily. I avoid rushing to answer the telephone.
- All telephone and electrical cords are secured and out of walkways in my apartment. I keep the floors clear of loose mats and other obstacles.
- I turn on the lights when walking in my apartment at night. I can turn on a light before I get out of bed. It is bright enough that I can see well.
- I only use non-slip floor mats in the bathroom. I use the grab bars in the bathroom. I do not hold on to towel racks.
- I wear a hat and/or sunglasses when outside to reduce glare and make it easier to see.
- My cane and/or walker is safe to use and in good repair. I can reach it from my bed.
- I lock my wheelchair when transferring.

8/30/2024