



Community Agenda

Fall Hazard Checklist

Bathroom

Yes No

- Does the tub and showers have rubber mats, non-skid strips or non-skid surfaces?
- Do you have a grab bar on the wall or side of the tub/shower? (If balance or weakness is a problem, you should use a bath seat.)
- Is the floor safe? (If it's slippery or has loose rugs or tiles, it's risky.)
- Can you get on and off the toilet seat easily? (If you can't you should install a raised toilet seat and fix a grab rail into the wall next to the toilet. Or, install a grab rail that fastens onto the back of the toilet seat.)
- Is your hot water temperature 120 degrees or lower?

Kitchen

Yes No

- Do you use a non-skid, no wax, or carpeting that is fastened down well on the floor?
- If you insist on using floor mats, do you have grip backing?
- Can you reach the things you use most often without using a step stool?
- Is the lighting bright but not creating glare?
- Are everyday dishes and foods placed on lower shelves so there's no need to climb?
- Are your stove controls easy to see and use?
- Do you keep loose fitting clothing, towels, and curtains that may catch fire away from the burners and oven?
- Can you reach regularly used items without climbing to reach them?
- Do you have a step stool that is sturdy and in good repair?