FINDING OUR BALANCE

PREVENT SLIPS, TRIPS & STUMBLES

Burien

Use this checklist to identify and remove hazards at home that increase the risk of falls.

Shoes
- ❒ Wear low-heeled, non-skid, supportive shoes that can be firmly fastened.

Floors
- ❒ Remove throw rugs and secure loose carpets.
- ❒ Keep walkways clear of clutter.
- ❒ Tape cords and wires next to the wall so you don't trip over them.

Steps and Stairways
- ❒ Fix loose handrails or have new ones installed on both sides of the stairs.
- ❒ Fix loose or uneven steps.
- ❒ Make sure stairways have good lighting.
- ❒ Place light switches at the top and bottom of the stairs.
- ❒ Keep stairs free of clutter.
- ❒ Paint the top edge of steps a contrasting color to make them easier to see.

Bathroom
- ❒ Place a nonskid rug in front of your tub or shower.
- ❒ Install wall bars inside the shower or tub, and next to the toilet.
- ❒ Use a shower chair and a handheld showerhead.
- ❒ Use a nonskid bathmat or adhesive strips in the tub or shower
- ❒ Install night lights.

Lighting
- ❒ Make sure stairways, halls and walkways are well lit.
- ❒ Put lamp and light switches where they are easy to reach.

Living room/bedroom/kitchen
- ❒ Use furniture that is easy get in and out of (knee height or higher).
- ❒ Rearrange the room to create clear walking spaces.
- ❒ Keep frequently used items within easy reach.
- ❒ Keep a phone and light/flashlight within reach on the bedside table.
- ❒ Install night lights in your bedroom.
- ❒ Keep the floor clear from bedding on all sides.



For more information about what YOU can do to prevent falls visit **doh.wa.gov/findingourbalance**.

Washington State Department of Health

DOH 971-048 August 2021

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