

Spot the Hazard Home Safety Checklist

Stay Independent.
Prevent Falls.



Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

Over half of all falls happen in the home due to hazards that are often overlooked but important to fix.

Steady on the stairs

- ☐ Have at least one railing the entire length of the stairs.
- ☐ Use railings and walk slowly up and down stairs.

Consult a healthcare provider for adaptive equipment that can help you age in place. If you use a mobility device, make sure it is in good condition and is fitted to you.

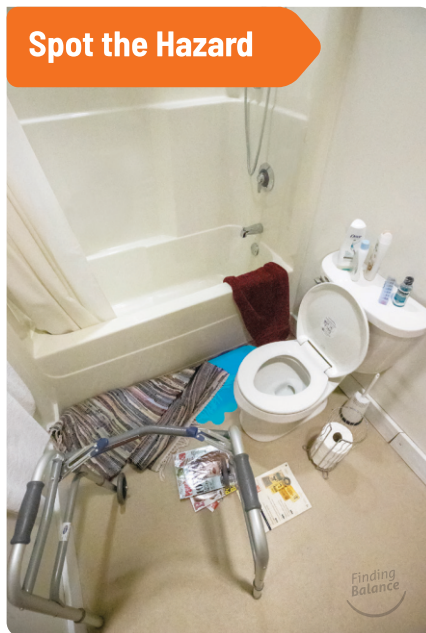
Sample photographs from Spot the Hazard Home Safety Checklist¹:

Contact
info@findingbalancealberta.ca
or call 780-492-6019 for the Spot the Hazard Home Safety Checklist.

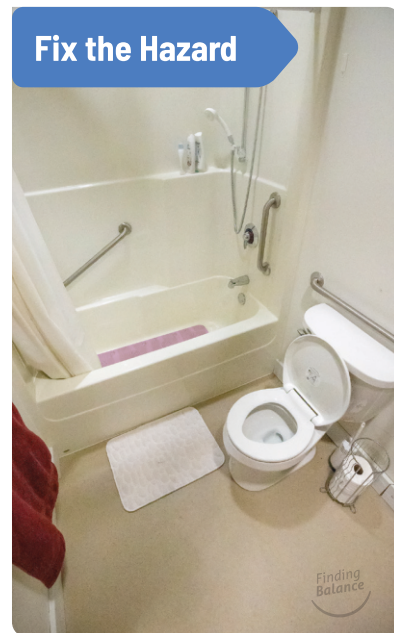
Create a trip-free home

- ☐ Remove throw rugs or use non-slip mats.
- ☐ Keep pathways clear. Remove clutter from your floor and stairs.
- ☐ Add a rubber, non-slip bath mat inside and outside the tub and shower.
- ☐ Install grab bars near the tub, shower, and toilet.
- ☐ Clean up spills. Make sure floors are dry.
- ☐ Increase lighting in dim or dark areas. Add nightlights.
- ☐ Move furniture so you can reach all light switches and lamps.
- ☐ Keep your phone and items you use often within reach.
- ☐ Ensure furniture is stable. Repair or replace broken furniture.
- ☐ Run electrical cords along walls and behind furniture.

Spot the Hazard



Fix the Hazard



¹This tool has been adapted with permission from the Home Safety Self Assessment Tool Version 5 International.

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LOCAL CONTACT INFORMATION:

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