

Falls Free Wisconsin

Home Safety Challenge Master List

Living Room

- **Lighting:** A dark room can make it harder to see obstacles and changes in flooring.
 - **Fix it:** Add brighter lighting or lamps, and use nightlights in dark areas.
- **Pets & and pet toys:** Pets in the way and toys left on the floor can create unexpected tripping hazards.
 - **Fix it:** Keep pet toys picked up and be aware of pets underfoot.
- **Shoes near the stairs:** Shoes at the bottom of the stairs can become a tripping hazard.
 - **Fix it:** Store shoes away from stairs and keep stairways clear.
- **Slippers by the couch:** Slippers left in the walkway can be easy to trip over when getting up.
 - **Fix it:** Store them beside the couch or in a designated spot.
- **Flip-flops & slippers:** Loose footwear can slip off and may not provide enough support or traction.
 - **Fix it:** Choose well-fitting shoes with good support and non-slip soles.
- **Hard-to-reach light switch:** Reaching behind the couch can cause us to lose our balance.
 - **Fix it:** Keep switches accessible or use a lamp with an easy-to-reach switch.
- **Clutter:** Items piled around can make it harder to move safely.
 - **Fix it:** Keep surfaces, floors, and walking paths clear.
- **Walker too far away:** We may stand up and walk without our walker or cane if it isn't within reach.
 - **Fix it:** Keep mobility devices close by before sitting down.
- **Cord on the floor:** Cords across walking paths can catch a foot or mobility device and cause a fall.
 - **Fix it:** Move cords away from walkways or secure them along the wall.
- **Narrow space for walker:** A tight space between furniture can make it difficult to safely maneuver a walker.
 - **Fix it:** Rearrange furniture to create a clear, comfortable path.

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Home Safety Challenge Poster Master List

Kitchen

- **Heavy items out of reach:** Heavy appliances, like a crockpot or waffle maker, can be difficult to lift safely when they're stored too high or too low.
 - **Fix it:** Store heavy or frequently used items where they're easy to reach without bending, stretching, or climbing.
- **Clutter:** Garbage, boxes, and other items can block walkways and create tripping hazards.
 - **Fix it:** Keep floors and walking paths clear and move items to their proper storage areas.
- **Spill by the fridge:** Water or other spills can make the floor slippery and increase the risk of a fall.
 - **Fix it:** Clean up spills right away and keep the floor dry.
- **Water underneath pet water dish:** Water around a pet bowl can create a slippery surface.
 - **Fix it:** Wipe up spills and place the water dish on a mat that helps contain moisture.
- **Throw rug:** Loose rugs can slide, bunch up, or catch a foot and cause a trip.
 - **Fix it:** Remove throw rugs or use an anti-slip rug tape to keep them securely in place.
- **Unsafe step stool:** Standing on an unstable or poorly positioned step stool can lead to a serious fall.
 - **Fix it:** Use a sturdy step stool with a wide base and handrail, or ask for help when reaching high places. Never stand on the top step of a step stool.
- **Beer on the counter:** Alcohol can affect balance, coordination, judgment, and reaction time, which may increase fall risk.
 - **Fix it:** Be mindful of alcohol use, especially if you take medications that can interact with alcohol or affect balance.

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Bathroom

- **Lighting:** A nightlight can help, but the room may still be too dark to see hazards on the floor.
 - **Fix it:** Add enough lighting to clearly see the path to and from the bathroom, especially at night.
- **Medications:** Medications left out can be misplaced, mixed up, or taken incorrectly. Some medications can also cause dizziness or drowsiness, increasing fall risk.
 - **Fix it:** Keep medications organized and stored safely. Review your medications regularly with your doctor or pharmacist.
- **Water by the shower:** Water on the floor can make the bathroom slippery and increase the risk of a fall.
 - **Fix it:** Wipe up water right away or use a bath mat with a non-slip backing.
- **No grab bars:** Getting in and out of the shower or on and off of the toilet can be challenging as we age.
 - **Fix it:** Install properly secured grab bars in and around the shower or tub and toilet.
- **Throw rug:** Loose rugs can slide, bunch up, or catch your foot.
 - **Fix it:** Remove throw rugs or secure them with a non-slip backing.
- **Towel and scale in the walkway:** Items left on the floor can create obstacles and make it harder to move safely.
 - **Fix it:** Keep towels, scales, and other items off the floor and out of walking paths.

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Bedroom

- **Blanket on the floor:** A blanket hanging onto the floor can catch a foot or mobility device and cause a trip.
 - **Fix it:** Keep blankets on furniture and make sure they don't extend into walking paths.
- **Lamp cord:** A cord stretched across the floor can become a tripping hazard.
 - **Fix it:** Move cords away from walking paths or secure them along the wall.
- **Clutter:** Laundry baskets and dog toys can block walkways and create obstacles.
 - **Fix it:** Keep floors clear and store laundry and pet toys in designated places.
- **Weights:** Strength and balance exercises are important for staying strong and reducing fall risk, but weights left on the floor can create a tripping hazard.
 - **Fix it:** Store weights safely out of the way when you're finished exercising.
- **Glare from the windows:** Bright sunlight or glare can make it harder to see obstacles and changes in flooring.
 - **Fix it:** Use blinds, curtains, or shades to reduce glare and improve visibility.
Don't ignore changes in your vision and get an eye exam at least once a year.