



Community Agenda

Fall Hazard Checklist

Getting Around

Yes No

- Do you take time to regain your balance when you sit up after lying down, or stand up after sitting?
- Do you wear supportive, rubber-soled, low-heeled shoes?
- Do your slippers fit well and have soles that provide traction?(avoid walking in stocking feet)
- If you feel dizzy from time to time, do you use a cane, walking stick, or walker?
- Do you watch for slippery pavement when walking out doors and entering/leaving cars and buses?
- Are you alert to unexpected hazards in your path, such as out-of-place furniture, toys and pets?
- Do you avoid walking on stairs or uneven surfaces in poorly-lit public places such as theaters?
- When you carry bulky packages, do you make sure they don't block your view?
- Do you divide large loads into smaller loads, leaving one hand free to grasp railings?
- Do you avoid rushing to answer the phone or doorbell?
- Do you avoid rushing to cross streets, especially in wet or icy weather?
- Do you always use a step stool, never a chair, when you have to reach high places?
- Do you know how to reduce your chances of being injured once you have started to fall?
- If you live alone, do you make contact every day with a friend, relative, or neighbor? (If you were injured in a fall and couldn't make contact, would someone check up on you?)