



Community Agenda

Fall Hazard Checklist

Living Areas: Living Room & Family Room

Yes No

- Can you turn on a light without having to walk into a dark room?
- Does your favorite chair have arm rests that are long enough to help you get up and sit down?
- Are your chairs and table stable enough to support your weight if you lean on them?
- Are your small rugs and runners secured with carpet tape or non-skid backing?
- Do you use non-skid, or no wax at all, on polished floors?
- Are walkways kept clear of things that could trip you, such as cords, low furniture and toys?
- Are lamp, extension or phone cords out of the flow of foot traffic in this room?
- Are curtains and furniture at least 12 inches from base board or portable heaters?
- Do your carpets lie flat?

Bedroom

Yes No

- Do you keep a light or flashlight within reach of your bed?
- Do you have a night light that lights your path to the bath room?
- Do you have a lamp or light switch within easy reach of your bed?
- Is a phone within easy reach of your bed?
- Is a light left on at night between your bed and the toilet?
- Do you have a working smoke detector on the ceiling out side your bedroom door?
- Is your bed at the proper height?