



mahaskahealth

Our Team is here for you!

Mahaska Health Medical Group
Sports Medicine & Orthopaedics,
Primary Care, 24/7 Care: 641-672-3360
Physical Therapy: 641-672-3306

Home Safety Checklist

1 BEDROOM

- Put light switches close to your bed.
- Clear the path from the bed to the bathroom and arrange night lights to light the path.
- Keep a flashlight with fresh batteries near your bed.
- Place a phone next to your bed.

2 STAIRS AND HALLWAYS

- Clear all books, papers, clothes and clutter from stairs.
- Fix loose/uneven steps.
- Be sure all carpeting is secure and remove all throw rugs.
- Put non-slip strips on wooden stairs.
- Ensure there is good lighting. Install light switch at top and bottom of stairs.
- Secure handrails. Install handrails on both right and left of stairs.
- Take your time going up and down, avoid carrying loads, use shoulder bag to carry items.

3 BATHROOM

- Install grab bars near toilet and on both inside and outside of tub/shower.
- Purchase shower chair as needed due to decreased balance or low activity tolerance.
- Place non-skid mats or strips on the floor of tub/shower.
- Place night light in bathroom.

4 KITCHEN

- Arrange frequently used items to lower shelves.
- Do not stand on chairs reach for items with a "reacher".
If absolutely necessary be sure your step stool is steady and has a handrail on the top.
- Do not use throw rugs.

5 OTHER THINGS TO PREVENT FALLS

- Keep all electric cords and telephone wires near walls and away from walking paths.
- Do not run/rush to get the phone.
- Remove clutter from floors.
- Secure larger rugs with two-sided carpet tape (do not use throw rugs).
- Wear shoes in the house, avoid going barefoot or wear flip flops/slippers.
- Ensure furniture is proper height to allow you to get up easily.
- Get up slowly after sitting or laying.
- Have your vision regularly checked.
- Know where your pets are at all times while walking through the house.
- Place a telephone in each room or a mobile phone in your pocket.
- Discuss the medications you are on with your doctor/pharmacist to see if any of them make you sleepy/dizzy.

