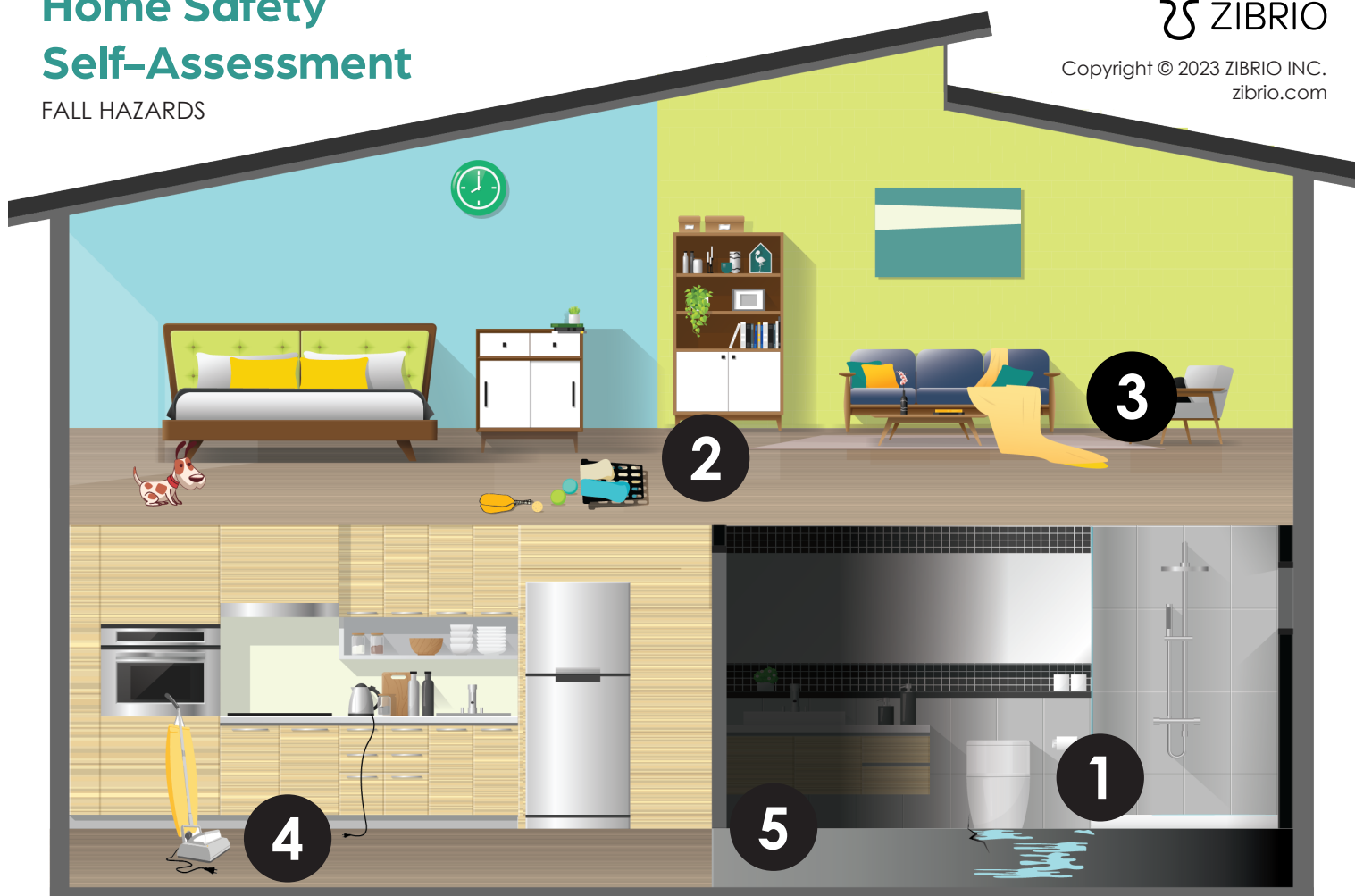


Home Safety Self-Assessment

FALL HAZARDS



Copyright © 2023 ZIBRIO INC.
zibrio.com



This tool is designed to help you identify potential fall hazards in your home and provide suggestions on how to address them. **Tick the items in the six areas of your home** (some areas might not apply).

	Foyer	Living room	Bathroom	Kitchen	Bedroom	Staircase	Ticked a box?
1 Is the floor uneven or slippery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to Part A
2 Is there clutter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to Part B
3 Is there a rug or loose throws?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to Part C
4 Electric cords on the floor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to Part D
5 Is there poor lighting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to Part E
6 Are there grab bars near the toilet and shower or tub?					YES / NO		If NO, see Part F
7 Do you have pets in your home?					YES / NO		If YES, see Part G

Action Plan

Tick the action items you implemented in your home. This is intended for general information only and if you are not sure, get a licensed professional to do an assessment.

Part A - Floors



Wet or polished floors can cause falls. Take these precautions to make your home safer:

- ☐ Use non-slip mats in areas like bathrooms where wetness is common.
- ☐ Wear non-slip shoes that fit you properly.
- ☐ Clear up any spills promptly.
- ☐ Install handrails in areas like bathrooms where surfaces can be slippery.

Part C – Rugs



Rugs can sometimes slide or curl up at the edge, which can trip you up, especially in poor light or when carrying something. Consider the following to make your home safer:

- ☐ Don't leave items on the floor or piled up where they can fall onto the floor.
- ☐ Put things away, avoid storing things on stairs.
- ☐ Do not store items on the floor, opt for shelving or additional furniture for storage.

Part E – Electric Cords



Cords that cross walkways can cause falls. Make your home safer by checking:

- ☐ No cords cross parts of the room where you could trip on them.
- ☐ Cords are the right length and attached to baseboards or next to walls.
- ☐ Extension cords are the correct rating and aren't in the way of people and pets.

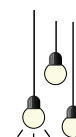
Part B - Clutter



Keeping your house free of clutter makes it easier to move around safely and prevent falls.

- ☐ Do not leave items on the floor or piled up where they can fall onto the floor.
- ☐ Put things away, avoid storing things on stairs.
- ☐ Do not store items on the floor, opt for shelving or additional furniture for storage.

Part D – Lighting



Good lighting makes your home safer, especially if your floors are uneven or when moving about at night. Think of these improvements to make your lighting safer:

- ☐ Check all your lightbulbs are working and bright enough to see clearly.
- ☐ Install night lights in bedroom and bathroom.
- ☐ Ensure lamp switches are easy to reach.
- ☐ Consider voice-activated or motion-activate lights in the bathroom and stairs.

Part F – Grab bars



Grab bars can help you balance and prevent falls, especially in areas like stairs and bathrooms. Make your home safer with these guidelines:

- ☐ Grab bars are sturdy and comfortable to hold.
- ☐ Grab bars are properly installed.
- ☐ If you are unsure, always get a professional to install grab bars to make your life easier.