

# Quick Home Safety Checklist

## Floors

- Move any furniture or objects that are blocking pathways through your house
- Secure throw rugs with double sided tape or grip liner
- Always wear shoes for added traction and support

## Stairs & Steps

- Check to make sure there is good lighting near all steps
- Repair any broken hand rails or loose, broken steps
- Fix loose or worn carpet on steps or remove the carpet

## Kitchen

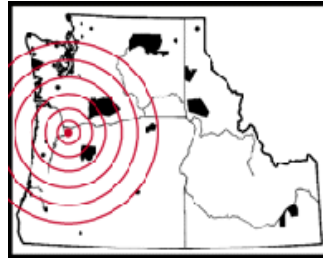
- Move the items that you use most often to waist level
- If you must use a step stool, make sure it has a handle to hold onto

## Bathroom

- If the tub or shower floor is slippery, a non-slip rubber mat or self-stick strips are a quick fix
- If need be, install more grab bars in the shower and near the toilet

**Always have plenty of light!!!**

Developed by the  
Tribal Epidemiology  
Center Consortium



Northwest Tribal Epidemiology



Protecting yourself, your  
family and your  
community



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community*



ELDER  
SAFETY  
on  
TRIBAL  
LANDS

# Protect Our People, Prevent Elder Falls

Elders are central to the well-being and cultural strength of our Native communities. As children, grandchildren, relatives and community members, we have a responsibility to care for our elders. There are several key things a person can do to reduce the risk of falls. We encourage you to read through these four simple steps and see what you can do to help an elder in your community!

**In the United States, falls are the second leading cause of unintentional injury deaths for Natives aged 55 and over.<sup>1</sup>**

**Use the checklist on the back and help them make their home safe!**

## 1. Make the home a safe place

- Ask to remove rugs, wires, and other trip hazards; use non-slip mats in the bathroom
- Show how to improve lighting
- Have them wear shoes at all times, inside or out of the home

## 2. Review Prescription Medications

- Some medications, or combinations of medicines, can cause dizziness or drowsiness

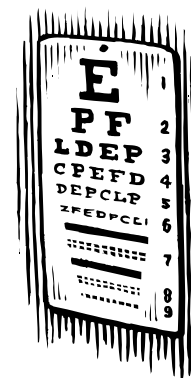


*Consult with their physician to manage medications. Not all doctors check to see all the medications people take!*

- Have a doctor or pharmacist review prescription medications

## 3. Have their Vision Checked

- Poor vision can increase the chances of a fall
- The wrong glasses, cataracts or glaucoma can limit vision – promote yearly eye checkups



## 4. Help them Exercise Regularly

- Exercise and stretching increase muscle strength and mobility which reduce the chances of a fall
- There are numerous other health benefits to exercise – living longer & feeling better!



<sup>1</sup> Web-based Injury Statistics Query and Reporting System (WISQARS). 5 Leading Causes of Unintentional Injury Deaths, United States 1999 - 2005, Am Indian/AK Native, Both Sexes. URL: <http://www.cdc.gov/ncipc/wisqars/>. Accessed 2/26/2008.