



VITALITY EDUCATIONAL RESOURCES

Because Life is VITAL.

FALL PREVENTION SAFETY CHECKLIST

STAY SAFE. STAY INDEPENDENT.

A practical guide to reducing
fall risks at home and
supporting everyday safety.

FREE PRINTABLE GUIDE



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For individuals, caregivers, families, and care organizations.

Prepared by Vitality Educational Services LLC | October 2026

www.vitalityedu.org

01 / PRACTICAL PREVENTION

Make your space safer

Check off each item as you review your environment and daily routines.

01 HOME SAFETY

- ☐ Remove or secure loose throw rugs.
- ☐ Keep walking paths and stairs free of clutter.
- ☐ Secure electrical cords away from walkways.
- ☐ Install grab bars near toilets and bathing areas.
- ☐ Use non-slip mats in showers and tubs.
- ☐ Check that stair handrails are sturdy.
- ☐ Provide good lighting, including nightlights.
- ☐ Keep frequently used items within easy reach.
- ☐ Wear supportive, non-slip footwear.
- ☐ Clean spills promptly.
- ☐ Consider a personal alert device if appropriate.

02 HEALTH & WELLNESS

- ☐ Arrange regular vision checks.
- ☐ Review medications with a healthcare professional.
- ☐ Practice appropriate strength and balance activities.
- ☐ Stay hydrated as advised by your care team.
- ☐ Rise slowly after sitting or lying down.
- ☐ Use prescribed mobility aids correctly.
- ☐ Ask about hearing concerns when appropriate.

VITALITY TIP | Many falls can be prevented with simple changes.

02 / PERSONAL AWARENESS

Review your fall risk

A conversation starter, not a diagnosis or validated risk score.

MARK YES OR NO FOR EACH QUESTION

	YES	NO
Have you fallen during the past year?	☐	☐
Do you feel unsteady when standing or walking?	☐	☐
Do you worry about falling?	☐	☐
Do you hold onto furniture when walking?	☐	☐
Do you have trouble with balance or walking?	☐	☐
Do medicines make you dizzy or sleepy?	☐	☐
Does a condition affect your strength or balance?	☐	☐
Do you have difficulty seeing clearly?	☐	☐

WHAT TO DO NEXT

Discuss any fall, unsteadiness, or concern with a healthcare professional.
Ask about medication review, vision checks, and balance support.

After a serious fall or injury, seek prompt medical attention.

03 / READY WHEN YOU NEED IT

Information & resources

Keep this page handy, and share it with family or caregivers.

03 EMERGENCY INFORMATION

Name:

Emergency contact:

Contact phone:

Primary care provider:

Allergies:

Important health conditions:

Pharmacy:

Medication list kept at:

04 TRUSTED RESOURCES

National Institute on Aging

nia.nih.gov/health/falls-and-falls-prevention

CDC STEADI

cdc.gov/steady

National Council on Aging

ncoa.org

Eldercare Locator

eldercare.acl.gov | 1-800-677-1116

Local assistance

211.org | Call 211

EMERGENCY? CALL 911.

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