

Kitchen: Fall Risks



Look at your kitchen.

Place a checkmark (✓) by each fall risk you see.
Write your own ideas by the words “Other fall risks.”

Count the checkmarks on the list. Then write this number in the box that says: **“Total number of fall risks.”**

- | | |
|--|--|
| <input type="checkbox"/> 1. Cabinets that are too low or high | <input type="checkbox"/> 5. Slippery floor |
| <input type="checkbox"/> 2. Not enough counter space | <input type="checkbox"/> 6. Poor lighting |
| <input type="checkbox"/> 3. Using stool or chair to reach things | <input type="checkbox"/> 7. Pet in the kitchen when you cook |
| <input type="checkbox"/> 4. Unsafe floor mat | |

Other fall risks: _____

Total number of fall risks:

Here are some ways to fix these fall risks.

1 Cabinets that are too low or high

- Move things to cabinets that are closer to counter height.
- Have someone put in hooks or shelves.

2 Not enough counter space

- Get rid of clutter on counters.
- Organize the items on the counter with a Lazy Suzan.
- Use a table or cart for more workspace.

3 Using stool or chair to reach things

- Move things to lower cabinets.
- Use a stepladder that is locked into place and does not wobble. Or ask someone else to reach things for you.

4 Unsafe floor mat

- Make sure your floor mat doesn't have any wrinkles or bumps.
- Choose a floor mat with a non-slip bottom. Or use nails, tape, or a pad to keep it in place.
- If you can't make your floor mat safe, remove it.
- Put a non-slip floor mat next to your sink that absorbs water.

5 Slippery floor

- Buy non-slip chemicals at your local hardware store for wood or linoleum floors.
- Wear shoes that fit you well and have non-slip soles.
- Change the floor surface to something less slippery.

6 Poor lighting

- Use the brightest bulbs that are safe for your lights.
- Have someone put in more lights.

7 Pet in the kitchen when you cook

- Keep your pet out of the kitchen while you cook.
- Close the door.
- Use a pet gate or crate.