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.**”

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

Other fall risks: __________________________________________

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**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.