

Fall Prevention

Home safety checklist

For people with osteoporosis, falls are a leading cause of fractures, but fall prevention strategies can significantly reduce this risk and help maintain bone health, independence and quality of life.

Hazards at home

- Slippery floors or loose rugs
- Poor lighting in hallways, staircases and bathrooms
- Unstable furniture or cluttered walkways
- Lack of grab bars in bathrooms or handrails along stairs

Personal risk factors

- Balance issues or muscle weakness
- Vision impairments
- Certain medications that cause dizziness or drowsiness

WALK THROUGH YOUR HOME

Room by room checklist

Tick each item as you check it. Talk to your healthcare provider or pharmacist about any medications that make you feel dizzy.

Entrance and hallways

- ☐ Clear path, nothing to step over
- ☐ Loose mats taped down or removed
- ☐ A light you can reach from the door

Bathroom

- ☐ Grab bars by the toilet and in the shower
- ☐ Non-slip mat inside the tub
- ☐ Night light left on

Stairs

- ☐ Handrail on both sides, firmly fixed
- ☐ Light switch at the top and bottom
- ☐ Nothing stored on the steps

Kitchen

- ☐ Everyday items within easy reach
- ☐ Spills wiped up straight away
- ☐ A sturdy step stool, never a chair

Bedroom

- ☐ Lamp and phone reachable from bed
- ☐ Clear route to the bathroom at night
- ☐ Slippers with a back and a grip sole

Outside

- ☐ Steps and walkway in good repair
- ☐ Salt or sand ready for ice
- ☐ Outdoor light that comes on by itself

My notes and next steps

Things to fix at home

Write down anything you did not tick, and who can help you fix it.

Medications that make me feel dizzy or drowsy

Bring this list to your healthcare provider or pharmacist.

Questions for my healthcare provider

Stay steady: where to go next

- ☐ Find a Bone Fit trained exercise professional near you
bonefit.ca/bonefit-map-locator
- ☐ Follow the Fracture Journey: what happens after a break, step by step
osteostategy.on.ca/courses/fracture-journey
- ☐ Download patient handouts in six languages
osteostategy.on.ca/patients
- ☐ Visit the Fall Prevention page online
osteostategy.on.ca/fall-prevention