

**REGIONAL PLAN FOR PREVENTION OF HOUSEHOLD ACCIDENTS  
PROJECT "REDUCTION OF FALLS RISK IN FRAIL ELDERLY AT HOME"  
(Regione Emilia-Romagna, 2012)**

**CHECKLIST**

**SPACES**

|               | RISK  | CHECK |    | SUGGESTION   | DONE | NOT DONE |
|---------------|---|-------|----|--|------|----------|
|               |   | YES   | NO |  |      |          |
| All rooms     |   |       |    |  |      |          |
|               | Slippery floor  |       |    | Do not use wax, in particular on stairs                                  |      |          |
|               | Carpet on a slippery floor  |       |    | Use non-slip grid under the carpet or remove it, if not needed           |      |          |
|               | Uneven, chipped or unglued floor or parquet                             |       |    | Repair the floor/parquet   |      |          |
|               | Isolated steps or raised thresholds                                     |       |    | Signal the obstacle  |      |          |
|               | Wall units and bookcases not securely fasten to the wall                |       |    | Provide for fixing them  |      |          |
|               | Furniture with protruding base or feet                                  |       |    | Signal the obstacle  |      |          |
| Entrance hall |   |       |    |  |      |          |
|               | Thick carpet  |       |    | Remove the carpet  |      |          |
|               | Rubber or coconut doormat is too thick                                  |       |    | Change the doormat   |      |          |
|               | Door cannot open completely   |       |    | Move the removable obstacles (furniture, plants, ...)                    |      |          |
|               | Furniture reduces the width of the passage                              |       |    | Move furniture in order to leave a minimum width of 60 cm in the pathway |      |          |
|               | Dangerous coincidence of possible simultaneous opening of several doors |       |    | Modify opening direction or signal the danger                            |      |          |
|               | Poor lighting or wrongly positioned light spots                         |       |    | Strengthen lighting or adjust the light spots                            |      |          |
|               | Switches without night lighting   |       |    | Install switch with indicator light                                      |      |          |
|               | Absence of handrails along the walls                                    |       |    | Install, if useful (for example near steps)                              |      |          |
|               | Staircase in front of the entrance hall                                 |       |    | Modify when possible, or adequately signal the danger                    |      |          |
| Kitchen       |   |       |    |  |      |          |
|               | Poorly lighted or shaded work surfaces                                  |       |    | Install ad hoc lighting  |      |          |

|                                  | RISK   | CHECK |    | SUGGESTION  | DONE | NOT DONE |
|----------------------------------|--|-------|----|---|------|----------|
|                                  |  | YES   | NO |   |      |          |
| Bedroom                          |  |       |    |   |      |          |
|                                  | Easily rollable and unstable cloth carpets           |       |    | Remove carpets  |      |          |
|                                  | Light switching far from the bed                     |       |    | Install in an easily accessible position                            |      |          |
| Bathroom                         |  |       |    |   |      |          |
|                                  | Lack of safety mats in the shower or bath tub        |       |    | Provide for appropriate mats to be used during bathing or showering |      |          |
|                                  | Mats and mobile platforms near sanitary fittings     |       |    | Eliminate or remove mats and mobile platforms soon after use        |      |          |
|                                  | Lack of safety grab bars in the shower or bath tub   |       |    | Install safety grab bars  |      |          |
| Living room                      |  |       |    |   |      |          |
|                                  | Presence of folding chairs                           |       |    | Remove folding chairs   |      |          |
| External and domestic staircases |  |       |    |   |      |          |
|                                  | No handrails   |       |    | Install suitable handrail at a height of 1 meter                    |      |          |
|                                  | Presence of carpets, stair carpets and similar       |       |    | Remove carpets  |      |          |
|                                  | Poor lighting  |       |    | Strengthen lighting   |      |          |
| Courtyard                        |  |       |    |   |      |          |
|                                  | Uneven flooring, including manhole covers and drains |       |    | Repair to guarantee levelling                                       |      |          |