Ageing Well Together
Falls Prevention

FALL PROOF YOUR PLACE OF WORSHIP

Use the following checklist to assess your place of worship for falls hazards.

OUTDOORS: ON YOUR PROPERTY

- ☐ Is the parking area level, smooth and free of potholes?
- ☐ Are the pathways into the building level, clear and free of ice and snow in winter?
- ☐ Are there handrails on both sides of stairs into the building?
- ☐ Are the steps non-slip and in good repair?
- ☐ Are the edges of steps marked and easy to see?
- ☐ Are the parking areas, paths and stairs well lit?
- ☐ Is the building accessible to walkers, wheelchairs etc?
- ☐ Is there handicapped parking close to building entrance?

INSIDE YOUR PLACE OF WORSHIP

- ☐ Are the floors clean, dry, and easy to walk on—not slippery?
- ☐ Are the floors free of hazards—no loose rugs, no cords across the floor?
- ☐ Are all of the carpeting and mats secure with no loose edges?
- ☐ Are the rooms, halls and stairs well lit?
- ☐ Are the steps non-slip and in good repair with edges clearly marked?
- ☐ Are there handrails on both sides of stairs?
- ☐ Is there an elevator or ramp available to reach upper floors?
- ☐ Are the washrooms accessible, well lit, and free of clutter?
- ☐ Are there toilet grab bars in place?
- ☐ Are the light switches within reach of the doorways?
- ☐ Is the seating sturdy and comfortable?
- ☐ Is there enough space to allow seating, easy passage for walkers, and parking for wheelchairs?

Anyone can fall, but as we get older, our risk of falling increases as does the severity of the injuries resulting from falls. In Canada, falls cause 65% of all injuries to seniors. Falling is one of our most under recognized health problems. Falling, and the risk of falling, is a part of everyday life for seniors. But we can prevent many falls. By working together to prevent falls, we can help seniors continue to be active participants in their religious community. Making our places of worship safer for seniors will make them safer for us all.