



## Ageing Well Together Falls Prevention

# HOW 'FALL SAFE' IS YOUR SENIORS' CLUB?

Your local Preventing Falls Together coalition is interested in working with you to make sure your club is safe for your members. A coalition member together with a member of your club will use this checklist to assess the space for falls hazards. It's best to complete the check just before a club meeting. Then have the coalition member give a presentation on falls prevention, including an overview of the identified falls risks in your clubs and some suggestions for improvements. A copy of the checklist will be sent to you and the coalition will keep a copy. You will be contacted by the coalition in three months to discuss any changes your club has made to reduce the risk of falls.

Please check all items that apply to you.

### Outside the Building

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

Improvements: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Inside the Building

- Are the halls and stairs are well lit?
- Are there handrails on both sides of stairs?
- Are the steps non-slip and in good repair?
- Are the edges of steps marked and easy to see?
- Are the floors clean, dry, with non-slippery surfaces?
- Are the floors level and free from hazards—no cracks, loose mats, or cords across the floor?
- Is the seating sturdy and comfortable?
- Is there enough space between the furniture to allow for walking and easy passage for walkers and wheelchairs?

Improvements: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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### In the Bathroom

- Are the washrooms accessible, well lit, and free of clutter?
- Are there grab bars close to the toilet?
- Are the light switches within reach of the doorway?

Improvements: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### In the Kitchen

- Is the floor level, clean, and dry?
- Are spills wiped up immediately?
- Are heavy and often-used items stored in lower cupboards or shelves?
- Is there a sturdy step stool with a handrail?
- Are there reaching aids?
- Is there good lighting?

Improvements: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Additional Comments and Suggestions for Improvements: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name of Seniors' Club: \_\_\_\_\_

Name of PFT coalition: \_\_\_\_\_

Name of Facility/Building: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date Checked: \_\_\_\_\_

The check was conducted by: \_\_\_\_\_

Club Members: \_\_\_\_\_

PFT Coalition Members: \_\_\_\_\_