



Ageing Well Together Falls Prevention

NEIGHBOURHOOD 'FALL SAFE' CHECKLIST

Walk through your neighbourhood with a friend or a small group. Check for hazards and trouble spots that could cause falls. Report what you find to your municipality or councillor. If you have found problems, ask that they be fixed. If all is well, congratulate them on a job well done!

Please check all items that apply to you.

Can you see where you are going and is the route level and clear?

- Are the streets, doorways, stairs, corners and alleys well lit?
- Are places where the surface changes easy to see?(For example, where a concrete walk turns into a gravel path or where a level path turns into stairs.)
- Are bus stops well lit and easy to see?
- Are the routes you travel level and clear?
- Are the sidewalks and shoulders level and not cracked?
- Is the sidewalk clear of obstacles? (e.g., bike racks, signs)
- Are the sidewalks and gutters clear of leaves, ice and snow?
- Are recreational walking paths well maintained?

Can you cross the streets safely?

- Are curbs clearly marked and easy to see?
- Are there curb ramps on the corners?
- Are traffic lights timed so that you can cross the street without rushing?
- Are crosswalks clearly marked, with pedestrian islands on wider roads?

Can you get into and out of public buildings easily?

- Do all stairs have handrails?
- Do interior stairs have handrails on both sides?
- Are the steps all the same height and wide enough to stand on comfortably?
- Are the edges of the steps marked and easy to see?
- Do the steps have non-slip surfaces?
- Are the stairs and stairwells well lit?
- Are the floors clean, dry and easy to walk on?
- Are there elevators/escalators to help you get to upper floors?