



American Stroke Association
A division of the American Heart Association.

Together to End Stroke®

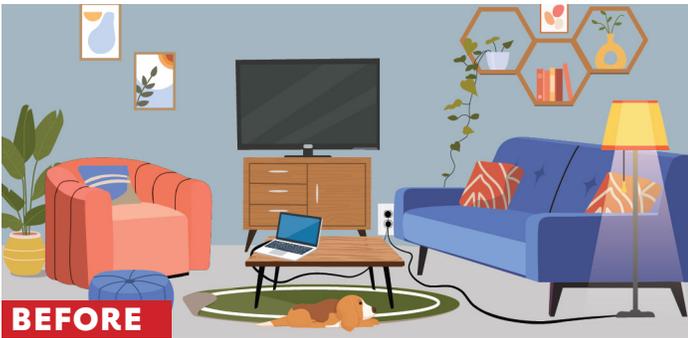
Home Safety Solutions

Before and After

Fall Prevention Visual Guide

See how simple changes can eliminate common fall hazards and create a safer home environment.

SCENARIO 1: LIVING ROOM



BEFORE

- Throw rugs scattered on floor (not secured)
- Furniture blocking main walking paths
- Low coffee table creating obstacle
- Electrical cords running across walkways
- Poor lighting, shadows in corners
- Pets around and underfoot



AFTER

- + Clear, wide walking paths between furniture
- + Throw rugs either removed OR secured with non-slip backing
- + Furniture arranged to create open pathways
- + Electrical cords secured along walls/baseboards
- + Good lighting throughout room
- + Pets in a gated area of the room or crate

Tip: Clear pathways, secured rugs, accessible furniture

SCENARIO 2: KITCHEN



BEFORE

- Frequently used items stored on high shelves
- Spills/liquid on floor creating slip hazards
- Poor lighting over counters and stove
- Person reaching up dangerously for items
- Cluttered countertops



AFTER

- + Commonly used items stored at waist level
- + Clean, dry floors
- + Task lighting over work areas (under cabinet, over stove)
- + Easy-to-reach storage organization
- + Clear counter workspace

Tip: Items at waist level, clean floors, task lighting

SCENARIO 3: BATHROOM



BEFORE

- No grab bars near toilet or in shower/tub
- Dim lighting
- Slippery surfaces (wet floor, no mats)
- Smooth tub/shower floor



AFTER

- + Grab bars installed next to toilet and in tub/shower
- + Bright, adequate lighting
- + Non-slip mats on floor and in tub/shower
- + Textured/non-slip surfaces

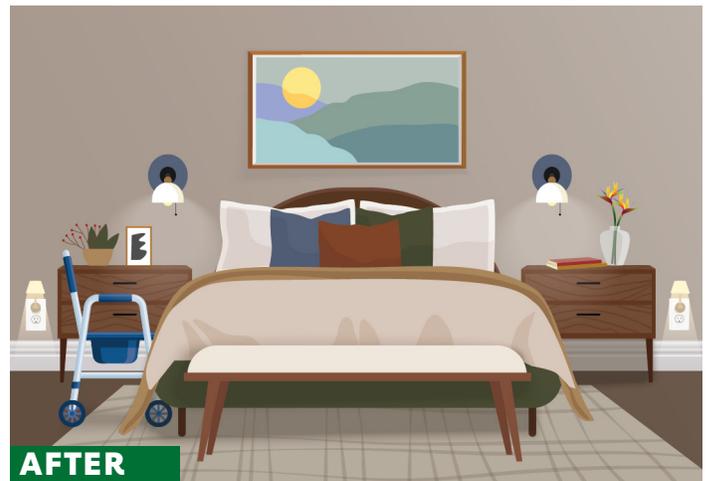
Tip: Grab bars installed, non-slip mats, good lighting

SCENARIO 4: BEDROOM



BEFORE

- Dark pathway from bed to bathroom
- Bedside lamp out of reach
- Potential obstacles on floor
- No emergency lighting
- Bedside commode away from the bed with clothing strewn on top



AFTER

- + Nightlights illuminating path to bathroom
- + Easily accessible bedside lamp
- + Clear, well-lit pathway
- + Motion-activated lights (optional)
- + Emergency flashlight within reach
- + Bedside commode next to bed – set up for safe use

Tip: Nightlights along path, accessible bedside lighting

SCENARIO 5: STAIRWAYS •



BEFORE

- Objects left on stairs (books, shoes, boxes)
- Missing or loose handrails
- Poor lighting (dark stairs)
- Loose or worn carpet on steps



AFTER

- + Completely clear stairs
- + Secure carpet or non-slip treads
- + Secure handrails on both sides
- + Reflective tape
- + Good lighting with switches at top and bottom

Tip: Clear stairs, handrails on both sides, good lighting

SCENARIO 6: ENTRY STEPS •



BEFORE

- Broken, cracked, or uneven steps
- No handrails
- Poor lighting at entrance
- Weather hazards (ice, wet surfaces)



AFTER

- + Repaired, even steps in good condition
- + Handrails installed on both sides
- + Motion-activated lighting at entrance
- + Clear, maintained surface

Tip: Repaired steps, handrails, motion lighting

SCENARIO 7: OUTSIDE WALKWAY •



BEFORE

- Cracked, uneven walkway surface
- Debris, leaves or obstacles
- Weather hazards (ice, wet surfaces)
- Poor lighting along path
- Trip hazards visible

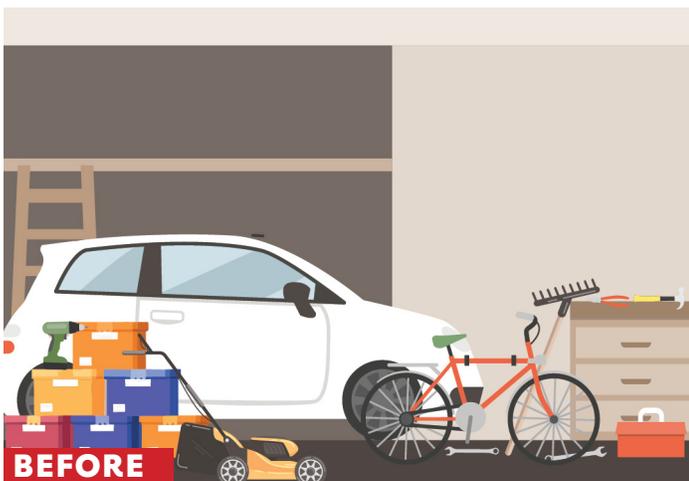


AFTER

- + Smooth, well-maintained walkway
- + Clear of all debris and obstacles
- + Ice treatment/snow removal
- + Adequate lighting along entire path (motion-sensor or solar lights)
- + Safe, obstacle-free passage

Tip: Repaired/even surface, clear of obstacles, good lighting

SCENARIO 8: GARAGE •



BEFORE

- Cluttered pathways with stored items
- Poor lighting creating dark areas
- Unstable storage that could fall
- Tools/equipment blocking walkways
- Car door unable to open fully



AFTER

- + Clear, wide pathways through garage
- + Bright lighting throughout space
- + Secure, organized storage systems

Tip: Clear pathways, good lighting, secure storage

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