

Community and Ambulatory Care Environmental Checklist for Falls Prevention: Planning for Construction or Renovation

This checklist is used to identify environmental factors that may increase risk of falls among clients attending community and ambulatory care clinics. It is recommended that this checklist be done when planning to construct or renovate clinic space. Tick the appropriate response for each item listed. An item with a “No” response suggests a falls risk hazard that should be addressed.

Clinic/area: _____ Date: _____

Name and position of individual completing checklist: _____

1. Space and storage	
a) Adequate space to store equipment out of direct care areas	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
b) Adequate space for clients using mobility aids	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
c) Space is available for a footstool when required	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
d) Room for a seat in the shower and near to shower (if applicable)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
2. Flooring	
a) Non-slip floor surfaces are used in all areas (including bath and shower)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
b) Floors have a matte finish which does not glare	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
c) Carpet is low pile and firmly attached to the floor	
d) Carpet or flooring is a constant colour rather than patterned	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
e) Absence of raised edges throughout or change in floor surface is clearly defined	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
3. Lighting	
a) Adequate and consistent level of lighting throughout (including stairwells)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
b) Absence of glare from windows	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
c) Light-switches are easy to access	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
d) Light switches are available at top and bottom of stairs	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
4. Contrast	
a) Walls are a contrasting colour to floor	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
b) Floor, walls and countertops are a contrasting colour to sink and toilet	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
5. Steps and stairwells	
a) Steps have non-slip edging in contrasting colour	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
b) Step height and depth are consistent	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
c) Ramps are used whenever possible rather than stairs	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
d) Shower base is step-less (if applicable)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
6. Handrails and grips	
a) Firm handrails are provided on both sides of stairs and hallways	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
b) Handrails are a contrasting colour to walls	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
c) Bars or grips are positioned next to scales	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
d) Chairs and/or handrails are in change rooms	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
e) Secure handrails are beside toilets to provide support for people getting on and off	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
f) Secure handrails in shower or bath (if applicable)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A

7. Doors			
a) Doorway and hallways are wide enough to accommodate people using mobility aids and wheelchairs	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
a) Doors are lightweight and easy to use or have an automatic opening button	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
b) Door to the outside has an automatic opening button	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
c) Automatic door opening buttons are within easy reach of the door entrance	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
d) Automatic doors stay open long enough to allow easy access by people with mobility problems	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
e) Bathroom doors can be unlocked easily in case of an emergency	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
8. Signage			
a) Clear/adequate signs throughout	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
b) Exit signs are lit	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
c) Floor signs are at eye level	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
9. Furniture and equipment			
a) Furniture is secure enough to support a patient should they lean on or grab for balance	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
b) Furniture does not have sharp edges or corners	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
c) Bed/examination table is height-adjustable or there is a step with a handrail next to it	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
d) Procedure tables and/or chairs are equipped with safeguards, such as side rails and arm rests	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
e) Shower chairs have adjustable legs, arm rests and rubber stoppers on the legs (if applicable)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
10. Miscellaneous			
a) Call buttons available in washrooms and near examination/procedure tables	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
b) Change tables are equipped with safety straps	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
c) There are receptacles for soap and shampoo that are easy to reach and do not require the client to bend over	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
11. Elevators (if applicable)			
a) Elevator doors close slowly	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
b) Elevator buttons are easy to reach	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
c) Handrails are available for support	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
12. Outdoor Areas (if applicable)			
a) Pathways are sufficient in width for two people using mobility aids	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
b) Steps have non-slip edging in contrasting colour	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
c) Walkways and stairs have non-slip and non-patterned surfaces	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
d) There are handrails beside steps and pathways	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
e) Outdoor seating is available that is secure and sufficient in height	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
f) Outdoor areas are well-lit	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A