



Quay County Falls Prevention Network

PUBLIC SPACES CHECKLIST FOR PREVENTING FALLS

The Quay County Health Council has created this list for evaluating the safety of public buildings and outdoor spaces as it relates to falls. Using this list will help entities look toward the future for funding to improve public spaces and help us reduce the leading causes of injuries and death among our senior population.

Around the Building/Grounds

- ☐ Is the address sign or number easily visible from the street?
- ☐ Is the property kept clear of litter, combustibles, hazardous materials, old batteries, etc.?
- ☐ Are appropriate signs posted (e.g., no parking in fire routes, etc.)?
- ☐ Are the parking areas free from trip hazards (e.g., no pot holes, cracks, etc.)?
- ☐ Are there sidewalks and are they free from trip hazards (eg., raised concrete, weeds, etc)?
- ☐ Are walkways clear and in good condition? Are there any holes or trip hazards on grounds where workers/public may walk?
- ☐ Are curb stops painted a color that is visible during the day and night?
- ☐ Is the lighting adequate in the area to see on walkways at night?
- ☐ Is the parking lot kept free of debris?
- ☐ In winter, are the parking lot and sidewalk free from ice and snow?

Stairs

- ☐ Are stairs, stairwells, and landings kept clear and unobstructed?
- ☐ Are there sturdy hand rails?
- ☐ Are stairways adequately lit?
- ☐ Are stairs, treads and any guards secure and in good condition?
- ☐ Do treads and landings have non-skid surfaces and they are in good condition?
- ☐ In winter, are stairs, stairwells, and landings kept clear from ice and snow?

Entrances and Exits

- ☐ Are all emergency exits, exit doors, landings, and steps from the building well marked, unblocked, and kept in good condition?
- ☐ Are exit doors, landings, and steps well lit? Are the lights over the exit doors working?
- ☐ Do mats lay flat and are thresholds in good repair?
- ☐ Do doors open easily?
- ☐ Are doors light enough that they can be easily opened by an elderly person?
- ☐ In winter, are exits kept free from ice and snow?
- ☐ In winter, is the access ramp clear of ice and snow, and is there good traction?

Inside

- ☐ If carpeted, is it in good condition free from bubbles?
- ☐ Are floors clean but not waxed until slick?
- ☐ Are spills cleaned quickly?
- ☐ Are steps inside the building well marked with handrails?

Remember to be STEADI As You Go!