Fall Prevention

# FLOORS: Look at the floor in each room.

* Move the furniture so your path is clear.
* Remove the rugs or use double-sided tape or a non-slip backing so the rugs won’t slip.
* Pick up things that are on the floor. Always keep objects off the floor.
* Coil or tape cords and wires next to the wall so you can’t trip over them.

# STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

* Pick up things on the stairs. Always keep objects off stairs.
* Fix loose or uneven steps.
* Make sure you have appropriate lighting at the top and bottom of the stairs.
* Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
* Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

# KITCHEN: Look at your kitchen and eating area.

* Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
* If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

# BATHROOMS: Look at all your bathrooms.

* Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
* Have grab bars put in next to and inside the tub and next to the toilet.

# BEDROOMS: Look at all your bedrooms.

* Place a lamp close to the bed where it’s easy to reach.
* Put in a night-light so you can see where you’re walking. Some night-lights go on by themselves after dark

# Other Things You Can Do to Prevent Falls

Exercise to improve your balance for about 20 minutes every day. Stay strong and healthy by doing activities that you enjoy such as walking. Start slowly and work up to 20 - 30 minutes every day.

Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy. Keep an up-to-date list of the names and doses of your medications.

* Always wear your glasses or contact lenses as prescribed.
* Get up slowly after you sit or lie down.
* Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers. Choose shoes that fit well, provide good support and have low, wide heels.
* Improve the lighting in your home. Put in brighter light bulbs. It’s safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
* Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.

# Other Safety Tips

* Keep emergency numbers in large print near each phone.
* Think about wearing an alarm device that will bring help in case you fall and can’t get up.