



PREVENT FALLS AT HOME

USE THESE SAFETY TIPS:

- Set up furniture so you can walk around without anything blocking the path.
- Secure any electrical cords.
- Remove throw rugs or any loose items from the floor.



- Place non-slip pads underneath area rugs and remove any loose or frayed edges.
- Ensure stairways have secure handrails.
- Ensure adequate lighting in all rooms. Use nightlights or flashlights at night.

- Install a raised toilet seat.
- If your bathroom is not close to the bedroom, obtain a bedside commode and place near the bed.
- Install grab bars and handrails near the toilet and in the shower.



- Do not use towel bars to pull yourself up.
- Install anti-slip stickers to the bottom of your shower or bathtub.
- Obtain a shower chair and a hand-held shower head so you can sit while showering/bathing.

- Arrange items in the kitchen and bathroom cabinets at shoulder height so you can reach things easily.
- Use a reaching device to pick up items from the floor or high places.
- Be careful of pets. Place a metal tag or a bell on their collar so you can hear them.



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- Limit carrying heavy items that may cause you to become off balance.
- Wear low-heeled shoes with slip-resistant soles inside and outside of the house. Try to avoid going barefoot or wearing slippers.



- Before getting up from a lying position, always sit on the side of the bed or couch for a few minutes before standing.
- Exercise regularly. Limit alcohol intake.

- Review your medications with your physician and pharmacist regularly to ensure you are aware of how the medications will affect you and the possibility of falling. Always include any over-the-counter and herbal medications.

- See an eye doctor to check your vision at least annually or more often if you are having problems seeing.



- Notify your physician and family if you experience any problems with your balance or have any slips, trips or falls.

- Keep emergency numbers readily available.
- Keep a phone handy in case you fall.
- Think about investing in an alarm device that can alert someone to help you if you experience a fall.

ADDITIONAL RESOURCES:

- **Centers for Disease Control and Prevention: Home and Recreational Safety**
<https://www.cdc.gov/homeandrecreationalafety/falls/index.html>
- <https://www.cdc.gov/features/older-adult-falls/index.html>

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