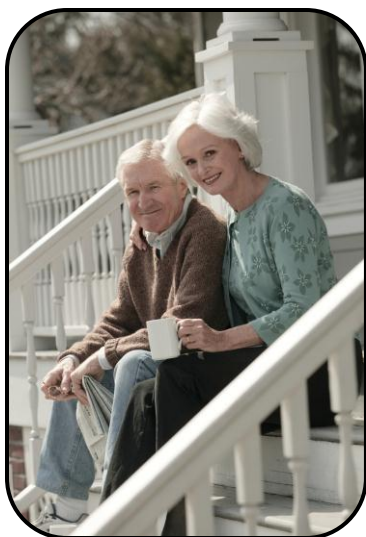




Fall-Proofing Your Home

Your home may be filled with fall hazards, so take a look around every room. There are easy preventative measures you can take to prevent falls and eliminate hazards.



Bedroom

- ❑ Place a lamp and telephone close to your bed where they are easy to reach.
- ❑ Sleep on a bed that is easy to get in and out of.
- ❑ Arrange clothes in your closet so they are easy to reach.
- ❑ Put in a night-light so you can see where you're walking after dark.

Living areas

- ❑ Arrange furniture so you have clear pathways.
- ❑ Remove area or throw rugs or use non-slip backing tape so the rugs will not slip.
- ❑ Keep electrical and telephone cords out of walkways.
- ❑ Do not sit on a chair or sofa that is too low and makes it difficult for you to stand up.
- ❑ Install light switches at the entrances to rooms so you do not have to walk into a dark room to turn on a light.
- ❑ Remove papers, boxes, books, clothes, shoes and all clutter from pathways.

Safety
at HOME

National Safety Council

saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads, through leadership, research, education and advocacy.

*In 2009, 16,900
individuals
died due to
fall-related
injuries in
their homes.*

Bathroom

- ❑ Place a slip-resistant rug adjacent to the bathtub for safe exit and entry.
- ❑ Use a non-slip rubber mat or non-skid adhesive textured strips on the floor of your tub or shower.
- ❑ Install grab bars for support inside the tub and next to the toilet.
- ❑ Replace glass shower enclosures with non-shattering material.

Kitchen

- ❑ Never stand on chairs or boxes to reach upper cabinets or shelves. If you must use a step stool, use one with a bar to hold on to.
- ❑ Store food, dishes and cooking equipment within easy reach. Move items on high shelves to cabinets, lower shelves or countertops.
- ❑ Immediately clean up any liquids or food spilled on the floor.

Stairs and steps

- ❑ Always keep all objects off stairs.
- ❑ Fix any loose, uneven or broken steps.
- ❑ Provide enough light to see each stair and the top and bottom landings.
- ❑ Make sure all carpeting is firmly attached to every step or remove the carpet and attach non-slip rubber treads.
- ❑ Make sure handrails are on both sides of the stairs and fix them if they become loose.

