

Fall Prevention Tips For The Home

Falls can cause injuries, and they can happen to people of all ages. But there are many things you can do to keep your home, and yourself, safe. Here are some useful tips:

Bedroom

Have a light by your bed

Use night lights

Keep floors free of things that can make you trip



Use a firm chair with side arms when dressing

Don't use polish or wax that make floors slippery

Bathroom

Remove soap build up in the tub or shower

Use non-skid mats or decals in the tub and shower



Install grab bars by the toilet and shower

Use night lights

Clean up any water that spills on the floor

Stairs

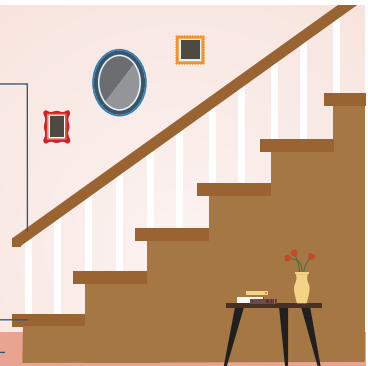
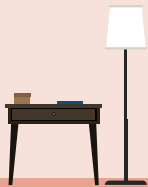
Don't leave any items on the stairs

Don't put throw rugs at the top or bottom of the stairs—keep area clear

Have handrails on both sides of the stairs

Have a light switch at top and bottom of the stairs

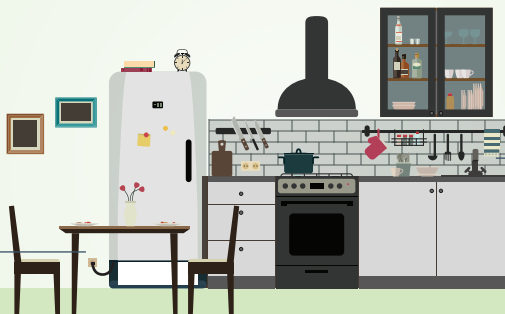
Be sure all carpeting is firmly attached



Kitchen

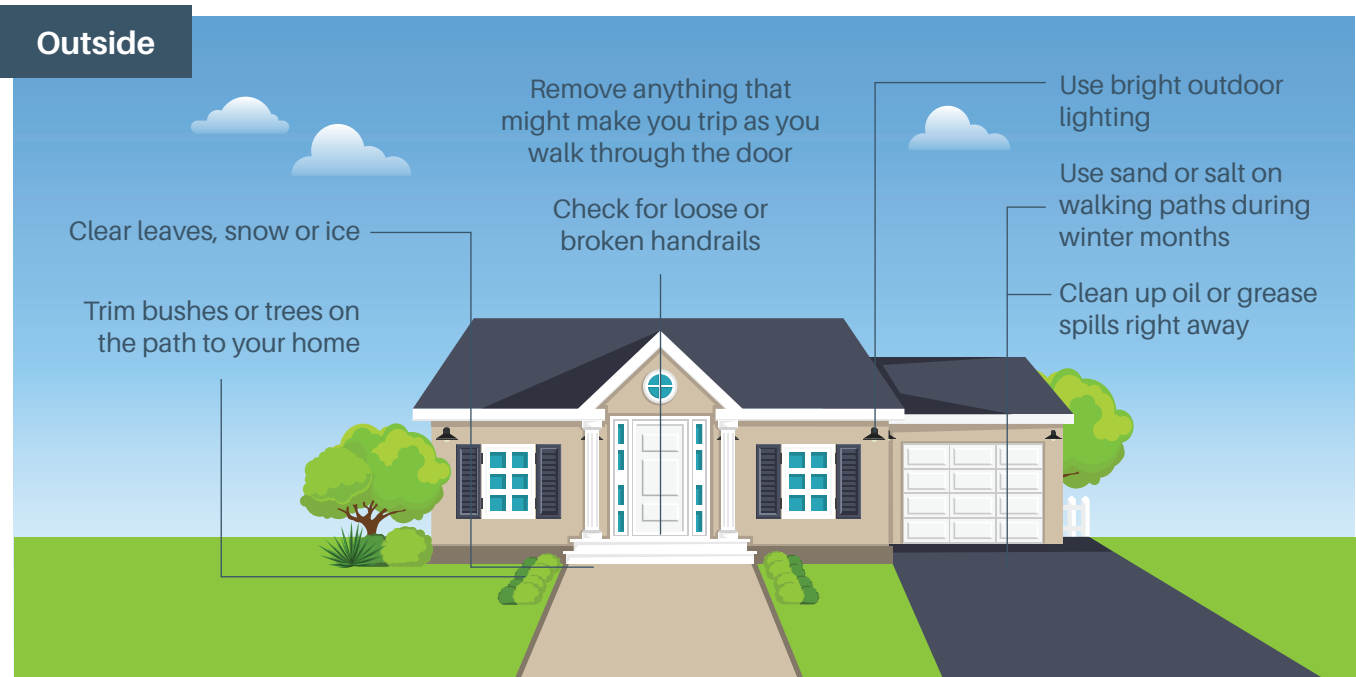
Keep electrical cords out of the way

Don't use polish or wax that make floors slippery

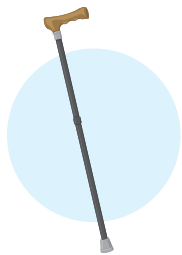


Keep frequently used items in easy to reach places

Keep floors free of things that can make you trip and clean up spills right away



What else can I do to help prevent falls?



Use tools that help you move around:

- Canes
- Walkers
- Scooters
- Crutches



Wear shoes that:

- Do not have high heels
- Do have rubber bottoms
- Are comfortable and fit you well
- Are closed at the toe.
Do not wear sandals.



Clearly mark and make sure that you can see:

- Any grab bars or handrails
- The first and last step, and all edges
- If using a stepladder make sure that it is fully opened. Do not climb a closed stepladder.

For more information please call the HealthCare Partners' Patient Assistant Line (PAL), 1(866)685-8996, available 24 hours a day, 7 days a week.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.