

# FALL PREVENTION IN YOUR HOME

Taking a tumble is the most frequently reported accident in the home. Reduce your chances of falling by making a few home improvements and changing some habits.

## Make Your Home Safer

- Remove items you can trip over (such as papers, books, clothing and shoes) from stairs and places where you walk.
- For tile or wooden floors, avoid wax or use non-skid wax.
- Sturdy handrails should be installed in all stairways and kept in good repair.
- Remove small throw rugs or use double sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool. Do not stand on a chair to reach anything.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Wear shoes that give good support and have non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.
- During the winter, keep all entrances and sidewalks clear of snow and ice.
- All entrances should be well lit.

## Changing Personal Habits

- When walking, stay alert to unexpected obstacles, such as cords, furniture, pets, toys, etc.
- Avoid rushing to answer the telephone or the doorbell.
- Take time to make sure your balance is steady before sitting up or standing.
- Don't walk around with only socks on your feet.
- If carrying packages, make sure your view is not obstructed.
- Consider using a cane or a walker.
- Speak with your doctor or pharmacist and determine if your medications might make you feel dizzy, drowsy or unsteady.
- If you live alone, keep in regular contact with friends, family or neighbors.