

PREVENT FALLS AT HOME

Tips for clients and residents



Throughout the house

- Ask for help with task that you feel you can't do safely
- Always wipe up any spills or moisture immediately to prevent slipping
- Have good lighting throughout the house and install night lights.

Exterior

- Keep front steps and walkway in good repair and free of snow, ice and leaves
- Keep front entrance well lit
- Put gardening implements, such as hoses or rakes, away when not in use



Bathroom

- Ensure that you have non-slip surfaces in the tub and shower
- Install grab bars by the toilet and baths to help you sit and stand. Make sure they are well anchored
- Use a raised toilet seat, and a bath seat in the shower if you need them



Kitchen

- Store kitchen supplies and pots and pans in easy-to-reach locations
- Store heavy items in lower cupboards
- Use a stable step stool with a safety rail for reaching high places

Living room and bedroom

- Reduce clutter! Get rid of loose wires and cords, as well as any other obstacles
- Consider carrying a cordless phone with you to avoid having to rush to answer the phone
- Make sure the path is clear between the bedroom and the bathroom
- Scatter mats are tripping hazards; get rid of them or make sure they are non-slip

Stairs

- Have solid handrails on both sides of the stairway.
- Remove your reading glasses when go up or down the stairs
- Never rush up or down your stairs. It's a major cause of falls
- Stair carpeting can cause slips; consider removing it or replacing it with well-secured rubber stair treading

Keep fit

- Engage in physical activity every day; it's your best defence against falls. Walk. Try Tai Chi. Do what you can to maintain your flexibility & balance
- Have your hearing and vision checked regularly
- Build your muscle & bone strength by doing resistance exercises (such as weight lifting); consult your doctor before you embark on an exercise program.