

“How to Prevent Falls”

Let's look at specific things you can do to make your home safer. Did you know that certain hazards in your home can increase your chances of falling? With a few changes, your home environment can be made safer. Eliminate clutter. Notice how the floor and walkway are clear of rugs, papers, shoes, and cords, so that you can walk safely and avoid tripping. Check your stairs. Are they clear of clutter? Do they have available handrails on both sides? Make sure light switches are close by. Improve lighting. Make sure light switches are easy to reach. Use a night light to improve your safety if you have to get up in the middle of the night. Make your bathroom safe. There are many things you can do to reduce your chances of falling in the bathroom. Use a non-slip mat in the shower or bathtub. Put hand railings in the bathtub and around the toilet, and keep your floor dry. Always wear shoes, and pick shoes that are sturdy with non-slip soles and wear them inside and outside of the home.