



## **FALL PREVENTION TIPS**

Falls account for one third of unintentional injury deaths among elderly. In 2001, 14,200 Americans died due to falls.

Here's a checklist of items to look for in the home to reduce the risk of falls:

### **FLOORS**

- ✓ Remove rugs or use double-sided tape or non-slip backing so rugs won't slip.
- ✓ Keep objects off the floor and stairs.
- ✓ Coil or tape electrical cords next to wall to prevent tripping.

### **STAIRS & STEPS**

- ✓ Fix loose or uneven steps.
- ✓ Turn on lights! If one isn't present, use switches that glow in the dark.
- ✓ Change light bulbs.
- ✓ Fix loose handrails. They should be as long as the stairs.
- ✓ Attach carpet firmly to every step. Use rubber treads on uncarpeted stairs.

## **KITCHEN**

- ✓ Move items on cabinets to bottom shelves; at waist height.
- ✓ Use a sturdy step stool with a bar. Never use a chair as a stool!

## **BEDROOM/BATHROOM**

- ✓ Place lamp close to bed within easy reach.
- ✓ Use night lights.
- ✓ Put non-slip mats in tub or shower.
- ✓ Install grab bars in tub next to toilet.

## **OTHER PREVENTION MEASURES**

- ✓ Exercise regularly! It adds to strength and improves balance.
- ✓ Ask your doctor or pharmacist about the medications that make you sleepy or dizzy.
- ✓ Get up slowly after sitting or lying down.
- ✓ Wear sturdy shoes with thin, non-slip soles.
- ✓ Improve lighting in your home.
- ✓ Use reflective tape at top and bottom of stairs.
- ✓ Keep emergency numbers in large print near phones.
- ✓ Consider using a personal emergency medical alert system.

We want seniors to stay safe!

Any questions contact April Vince (216) 201-2001 extension 1538.