

Tips for Preventing Falls

1

Remove tripping hazards including floor rugs, electric cords and clutter. Make sure there is adequate space to move around furniture.

2

Implement non-slip mats and/or grab bars in the shower, bath, or other wet surfaces.

3

Stand up slowly and wear comfortable and supportive footwear when mobilizing.



4

Get regular vision and hearing checks. Review medication side effects with a Physician.



Tips for Preventing Falls

5

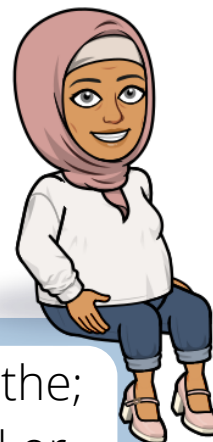
Store frequently used items within reach (i.e. clothing, dishes, and food).

6

Improve the lighting; use nightlights and add lights to high traffic areas.

7

Exercise regularly; balance, coordination & strengthening activities at your skill level.



8

When able, sit to dress and bathe; consider using a shower stool or installing a grab bar.

9

Utilize appropriate gait aids, install railings on stairs & ensure adequate supervision by a caregiver if needed.

