

Fall Prevention Tips

Every year, one out of every three adults age 65 or older falls. Falls among older adults can cause serious injury or disability, and they are the leading cause of injury death among those 65 and older. Many of these falls are caused by common hazards in the home that are easy to fix. Use this home fall prevention checklist to reduce risk of falls in the home:



Floors

Is there a straight path through each room?

- Rearrange furniture to create a straight path through every room.

Are there throw rugs or area rugs on the floor?

- Use double-sided tape or non-slip rug pads to secure them firmly.

Do you step over or around wires or cords?

- Prevent tripping by coiling or taping cords and wires next to the wall.

Are there objects stacked on the floor?

- Move any papers, books, shoes, boxes, blankets or other objects off the floor.

Stairs

Are there objects stacked on the stairs?

- Keep stairs clear by removing all shoes, books or other objects from the stairs.

Is there any loose or torn carpet on steps?

- Reattach loose carpet, or remove carpeting and attach non-slip safety treads or safety tape instead.

Are there handrails on both sides of the stairs?

- Make sure full-length handrails are firmly attached on both sides of the stairs. Tighten or replace loose hand rails.

Is there a light over the stairway, with light switches at both top and bottom of the stairs?

- Have an electrician install a light over the stairs to keep it well-lit, with light switches at both top and bottom of the stairs or use night lights in surrounding outlets.

Are the stairs easy to see in low light?

- Paint a contrasting color strip on the top edge of steps to make them easier to see in low light.

Kitchen

Are there commonly used items on high shelves?

- Rearrange cupboards to keep commonly used items on easy-to-reach shelves (approximately waist level).

Is there a sturdy stepstool available?

- Make sure there is a sturdy stepstool available with a bar to hold onto. Never try to use a chair as a stepstool.

Bedrooms

Is there a light right next to the bed?

- Move a lamp close to the bedside, so that there is a light within easy reach.

Is there a lit pathway between the bed and the bathroom at night?

- Add night lights or glow-in the dark tape to light the way to the bathroom at night.

Bathrooms

Are there non-skid shower mats or safety treads in the showers or tubs?

- Add a non-slip rubber mat or non-skid strips to the shower or tub floor.

Are there secure grab bars to help maneuver in and out of the tub, or up from the toilet?

- Have a professional install grab bars next to the toilet and inside the tub or shower.

Other Household Tips

Is the house brightly lit?

- Replace low-watt light bulbs with fluorescent or bright white bulbs.

Are shoes worn inside and outside the home?

- Wear shoes at home whenever possible. Going barefoot or wearing socks or slippers increases fall risk.

Visit the caregiver community at shieldhealthcare.com for more resources and daily inspiration!

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