

Eight Ways to Help Prevent Falls

1

Improve Home Lighting

- Use bright, non-glare lighting, especially in hallways, stairs and bathrooms.
- Install night lights in bedrooms and bathrooms.
- Keep light switches easily accessible, especially near room entrances.

2

Remove Tripping Hazards

- Clear clutter from floors and stairs.
- Remove or secure loose rugs with non-slip backing or double-sided tape.
- Coil or tape down loose wires and cords.

3

Make Floors Safe

- Use non-slip mats in bathrooms and kitchens.
- Clean up spills immediately.
- Avoid slippery floor polish or wax.

4

Install Supportive Features

- Ensure there are handrails on both sides of stairs.
- Have grab bars in bathrooms near toilets and inside/outside bathtubs and showers.
- Install non-slip treads on stairs.

5

Organize Frequently Used Items

- Store everyday items within easy reach – avoid the need to use stools or ladders.
- Use long-handled reachers for high shelves.

6

Wear Safe Footwear

- Avoid slippers or socks on slippery floors.
- Use non-skid, supportive shoes inside and outside the home.

7

Maintain Physical Health

- Exercise regularly to improve balance and strength (e.g., walking yoga, tai chi, matter of balance).
- Have vision and hearing checked annually.
- Review medications with a doctor for side effects like dizziness and drowsiness.

8

Use Assistive Devices if Needed.

- Walkers or canes can add stability.
- Consider a medical alert system for emergencies.