



## FALL PREVENTION GUIDE

We would like to help you keep your home safe from possible falls which may lead to possible injuries, hospital or rehab admissions.

1. Concentrate on the task of walking without distraction or doing multiple things at once. Even walking and talking may be a distraction.
2. Use safety devices that have been suggested to you by your doctor to help maintain safety and proper balance. Use shower chair/bench for safety in shower.
3. Wear proper footwear. Make sure your shoes, slippers have backs, fit properly and have proper tread to help prevent slips or trips. Avoid slippers, flip-flops, shoes with a heel.
4. Remove throw/area rugs that may slide or bunch up or cannot be secured to the floor.
5. Make sure the home has proper lighting at all times of the day and night.

6. Install handrails in the halls, stairways, bathrooms, showers, by steps or where needed to help prevent slips. Nonskid strips to the bathroom and tub could help prevent a fall when wet.
7. Keep pathways clear. Make sure furniture in the home is placed far enough apart that safety devices can be used when needed with walking. Keep clutter, pet toys from walking area to avoid tripping.
8. Stay active to help with overall strength, mobility and endurance.
9. Do not attempt to carry things that are too heavy or too big.
10. Make sure you wear proper eyewear if needed.
11. Know your limitations.