

FALL FACTS

- Each year 1/3 of people over 65 years of age and older will fall.
- Falls are the leading cause of injury deaths for people over 65 years of age.
- Falls are the most common cause of non-fatal injuries and hospital admissions for people over 65 years of age.
- 60% of falls occur at home.

FALL CAUSES

- Balance problems/unsteadiness
- Poor fitting footwear
- Decreased strength and flexibility
- Impaired hearing-difficult to localize sound, like an approaching vehicle
- Dizziness-low blood pressure, medications
- Impaired vision, change to bifocal's
- Illness
- Environmental Hazards

KITCHEN SAFETY

- Do not stand on chairs or boxes to reach top shelves, ask for help.
- Remove scatter rugs or place double sided tape or non-stick backing on them
- Make sure cords for appliances are shortened to avoid tripping or pulling them off the counter
- Install timers on items that can easily be forgotten to shut off, iron, coffee pot, etc.
- Do not store items in or on top of the stove.

BATHROOM SAFETY

- Place slip resistant rug near bathtub for safe entry and exit
- Install grab bars on bathroom walls near toilet and tub
- Keep a nightlight on in bathroom
- Use a rubber mat or no skid adhesive textured strips in tub/shower
- Outlets should be ground fault
- Remove glass shelves/knick-knacks
- Door width 32 inches
- Make sure door can be unlocked from the outside
- Replace glass shower enclosures with non-shatter material

- Install protective cover over tub spout
- Remove all electrical appliances (Hair dryer, razor, curling irons, etc.)
- Wrap sharp corners with cushioned material

BEDROOM SAFETY

- Keep clutter off floor
- Make sure bed is easy to get in and out of
- Make sure wires run along the walls, not across the room
- Remove scatter rugs or place non-slip backing on them

LIVING AREA SAFETY

- Keep low rise coffee tables, magazine racks, foot rests and plants out of path of traffic.
- Remove scatter rugs or place non-slip backing on them
- Make sure wires run along the walls, not across the room
- Minimize clutter, magazines, newspapers, knick-knacks

MISC TIPS

- Put non-slip treads on bare wood steps
- Keep stairs clear of clutter
- Have light switches/motion sensor lights at top and bottom of stairs
- Remove throw rugs
- Install light switches at entrance to room
- Keep electrical cords out of walk ways
- Wear properly fitting shoes with low heels and non-skid soles
- Install hand rails on both sides of stairways
- Remove excess furniture
- Make pathways as direct as possible
- Install smoke detectors and fire extinguishers