Preventing Falls Together

TAKE CHARGE! BY FALLPROOFING YOUR HOME

Look at the FLOORS

IF YOU SEE . . .

Furniture you have to walk around to get through a room
  - Ask someone to help you move the furniture to clear a path

Throw rugs or loose carpets
  - Remove the rugs (best) OR
  - Use double-sided tape so the rugs don’t slide and the carpet edges don’t curl up

Clutter—like books, magazines, or shoes
  - Pick it up and store it on shelves

Electrical or telephone cords where you walk
  - Tape the cords to the baseboard so they are out of the way
  - Have an electrician install extra outlets so you don’t need extension cords
  - Switch to cordless phones

Slippery, shiny floors
  - Stop using floor polish or wax
  - Always wear shoes with non-slip soles
  - Wipe up spills immediately

A pet sleeping in your path
  - Stay alert and always know where your pet is
  - Try to train your pet to sleep in one place

Look at the STAIRS inside and outside

IF YOU SEE . . .

Clutter or other objects—like flowerpots
  - Remove them
  - Keep stairs clear

Shaky, broken, uneven, or missing steps
  - Repair them OR
  - Find a handyman, volunteer or family member to repair them and keep them in good shape

Smooth, slippery steps
  - Put non-slip treads on each step
  - Paint outdoor steps with a mixture of sand and paint for better traction
  - Paint the edges of outdoor steps a contrasting color so they are easier to see

Loose or torn carpet on stairs
  - Make sure the carpet is attached on every step OR
  - Remove the carpet and use non-slip treads on each step

Stairs with no handrails or with shaky or broken handrails
  - Fix the handrails or have new ones installed
  - Be sure there are handrails on both sides of the stairs and that they go all the way from the top to the bottom of the stairs

A program of Community Links
Tel: (902) 422-0914 E-mail: info@preventingfallstogether.ca

NOVA SCOTIA
Health Promotion and Protection
TAKE CHARGE! BY FALLPROOFING YOUR HOME

Look at the LIGHTING in your home.

IF YOU SEE . . .

Dimly lit halls and rooms
- Use brighter bulbs—100 watts
- Use light fixtures with more than one bulb so if one bulb burns out, you will still be able to see until it gets replaced
- Use night lights in hallways

No lights or dim lighting on stairs
- Have an electrician install lights and light switches at the top and bottom of the stairs

No light switch within reach when you stand in the doorway of each room
- Have an electrician install a light switch near the entry to each room

Look at your BATHROOM.

IF YOU SEE . . .

A slippery floor in tub or shower
- Use a non-slip rubber bath mat or put non-slip strips on the tub or shower floor

Nothing sturdy to hold onto when getting out of the tub or off the toilet
- Have a handyman or carpenter install grab bars around the tub, shower, and toilet
- If you have trouble getting up from the toilet, install a raised toilet seat
- If you ever feel dizzy or tired while bathing, put a bath seat in the tub or shower

Look at your BEDROOM

IF YOU SEE . . .

No clear path between the bed and the bathroom
- Clear a path. Get help if you need to move furniture.
- Make sure the path is free of clutter
- Install automatic night lights along the way so you can find your way in the dark

No light or phone within reach of the bed
- Install a lamp or light switch that you can reach without getting out of bed
- Keep a phone within reach
- Keep a flashlight by your bed

Look at your KITCHEN.

IF YOU SEE . . .

Items you often use stored on hard-to-reach shelves
- Move pots, pans and other items you use often to waist-high, easy-to-reach places
- Store heavy items in lower cupboards

A chair or an unsteady step stool used for reaching high places
- Get a sturdy step stool with a safety rail to hold on to
- Never use a chair for climbing

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