Decrease Your Risk of Falling

Did You Know? Seventy-five percent of all falls occur in the home! With a few changes, you can decrease your risk of falling at home.

The following tips can help keep you safe in your own home:

Tips

• Lighting. Make sure that you have good, bright lighting in your home. Use night-lights in your bedroom, hall and bathroom.

• Rugs. Make sure rugs are firmly fastened to the floor or use nonskid backing. Tack down loose ends.

• Electrical cords. Move electrical cords so they are not lying on the floor in walking areas.

• Bathroom. Put handrails in your bathroom for bath, shower, and toilet use.

• Stairs/stairwells. Always use the handrail for support. Be sure the stairs are well lit.

• Kitchen. Store items within easy reach. Avoid using stepstools or stepladders.

• Footwear. Wear shoes with firm non-skid, non-friction soles. Avoid wearing loose-fitting slippers.