

HOME SAFETY

Falling can cause serious injury, and it often occurs within or around the home. By observing the following guidelines, you can reduce the risk of falling.

In the Kitchen and Bathroom:

- Wipe up spills immediately, especially on the floor
- Avoid glossy floor polish to reduce glare
- Keep big or heavy items in low cabinets or other easily accessible places
- Make sure light switches are placed near every door
- Avoid loose rugs on floor – use rubber mats only
- Use non-skid rubber mats or decals in the shower stall or bathtub
- Install safe handrails in and around the tub/stall area and near the toilet
- Use tub seat to sit and bathe, as needed
- Provide adequate illumination by using nightlights
- Place soap and shampoo in easy-to-reach receptacle near sink or shower

In the Living Room and Bedrooms:

- Tack down the edges of carpet and rugs completely
- Avoid loose rugs and choose carpets with short, dense pile
- Make sure carpets are free of rips and worn spots
- Clear Floor of pet's or children's things, especially small or sharp items
- Provide adequate lighting in room and place a lamp next to the bed
- Avoid extension or telephone cords across room
- Sit on bed or in a stable chair when dressing
- Be sure feet clear the garments before standing

On the Stairs:

- Always hold secure handrail, preferable one that is distinctly-shaped or painted at the ends
- Avoid carrying big or heavy items, or more than one grocery bag at a time
- Have top and bottom steps painted a different color or have the edge of the step taped or painted
- Provide adequate illumination
- Make sure there is a light switch at the top and bottom of stairs
- Avoid rugs placed at the top or bottom of the stairs

PERSONAL SAFETY AND SAFETY OUTSIDE THE HOME

Personal Safety:

- Use rubber-soled, well-fitting shoes or house slippers rather than socks
- Stay alert for moving obstacles such as children, toys, or pets
- Avoid carrying bulky packages that obstruct vision
- Divide large loads into smaller ones
- Avoid rushing and quick movements
- Plan ahead
- Have daily contact with a friend or neighbor
- Use an assistive device as necessary
- Fixate visually on objects far away for steadiness
- Avoid crowds or walk with crowds

Outside the Home:

- Make sure the driveway and walkways are free of breaks or uneven surfaces
- Keep the lawn and garden as free of holes as possible
- Put away hoses and tools when not in use
- Keep outdoors free of rocks, boards, or tripping hazards
- Keep walkways free of leaves, snow, ice, and use de-icers as necessary
- Use a non-skid or rubber mat at the door to wipe your feet

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