

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 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. Have handrails on both sides if possible. 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.

(Adapted with permission from the Practicing Physician Education Project 2006)