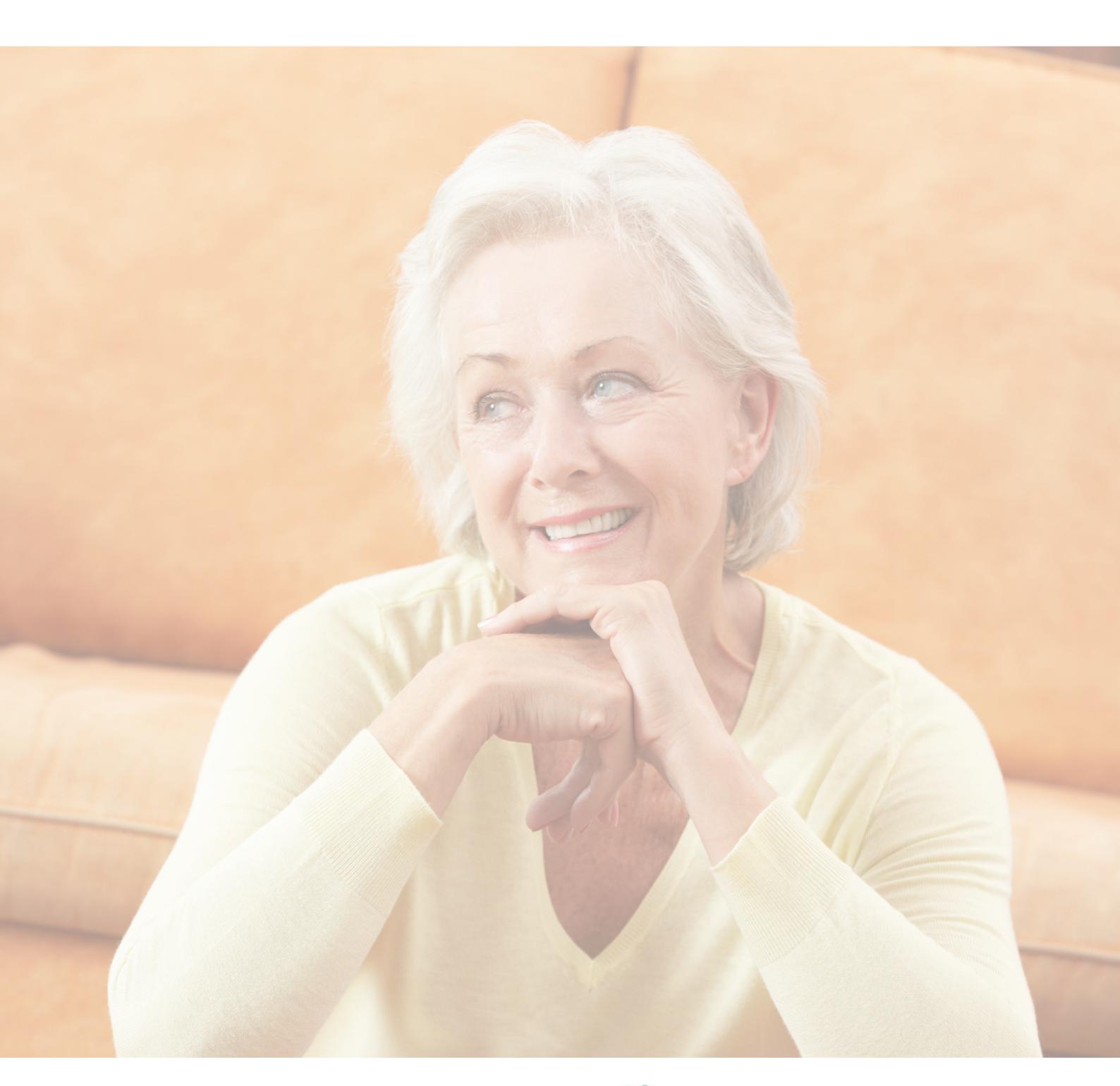
Fall Prevention Tips for Seniors





Providing caring assistance and companionship in the home and hospital

Fall Prevention Tips for Seniors

- 1. Install hand rails with all staircases, whenever possible.
- 2. Reduce clutter on floor by removing shoes, electrical cords and other safety hazards.
- 3. Increase lighting throughout home, including night lights in hallways and in or near bathrooms.
- 4. Wear proper fitting shoes or slippers and avoid flip-flops or open-back shoes.
- 5. Make sure rugs are tacked down whenever possible or remove them altogether.
- 6. Have vision checked often; seeing obstacles is the most important tip.
- 7. Add grab bars or non-stick tub mats or tub chairs.
- 8. Try to keep frequently used items on shelves that are easily reached and try to limit items on higher shelves.

