

Fall Fighter – Home Safety

Home Safety and Fall Prevention Tips

General Household Tips:

- Keep night-lights handy to use in the bedroom, bathroom and hallways at night.
- Install smoke detectors. Change the batteries on your birthday each year.
- Wipe up spills as soon as they occur.
- Rearrange furniture to allow an open clear pathway to each room. Avoid clutter, especially on floors.
- Remove all throw rugs.
- Avoid overloading electrical outlets.
- Avoid running electrical cords in any traffic areas (areas that you would walk across).
- Establish a plan ahead of time for all types of emergencies that might occur (e.g., fire, fall, burglary).
- Make sure rooms and work areas have ample lighting.

Kitchen Tips:

- Keep a working fire extinguisher in the kitchen area.
- Keep pan/pot handles turned toward the back of the stove.
- Avoid reaching over the stove when burners are turned on. Also, avoid wearing clothing with loose sleeves that might catch on fire or get caught easily.
- Store frequently used items on counter tops or on easy-to-reach shelves.
- Store infrequently used items above the stove.
- Make sure any spills (grease, liquid) are wiped up immediately.
- Transport heavy or hot items by sliding along counter top on a hot pad or use a utility cart.
- Tip for electric range user: After you remove a pan, move your tea kettle/pot onto a hot burner to avoid burns.
- Hang a mirror at an angle over the stove so you can see into the pots from a seated position.

Bathroom Tips:

- To increase safety, have grab bars installed around the tub, shower and toilet. Do not use soap or towel bars to provide support.
- In some instances, supervision and/or a tub bench will be needed to get in and out of the tub safely.
- Rubber mats and/or decals increase safety in the tub.
- Remove all throw rugs or bath mats.



Fall Fighter – Home Safety

- Soap on a rope or liquid soap dispenser also increases safety.
- Clearly label medicine.
- A pillbox can be used to sort pills to be taken each day and a reminder that pills have or have not been taken.

Dressing and Grooming Tips:

- To save time and energy in the morning, select clothing and have all items you need within easy reach.
- If your standing/sitting balance is poor, sit in a chair or lay on the bed while dressing.
- While dressing, sit as much as possible.
- Select shoes with comfortable non-skid soles and low heels to reduce risk of falling.

Safety While You Work Around the House and Yard:

- Whenever lifting, bend your knees. Do not lift with your back.
- When lifting or carrying an object, hold the item close to your body.
- Sit down whenever possible while ironing, vacuuming, food preparation, sorting laundry or gardening
- Push vs. pull
- Slide vs. carry

Walker Safety:

- Make sure your walker remains on all four legs, especially when turning corners.
- Make sure the rubber tips are securely on the legs of your walker.

Wheelchair Safety:

- Brakes: always lock the brakes before moving in/out of the wheelchair.
- Foot-plates: never stand on the foot-plates.
- Leg-rest: swing the leg-rest away and remove it before getting in or out of the wheelchair. If the leg-rest is elevated, do not lean forward in your wheelchair.
- Seat Belt: seat belts are recommended to enhance proper safety awareness.
- Be aware that any movement, such as reaching, bending or shifting your weight, may cause the wheelchair to tip over. To enhance safety, it is recommended that the user of a wheelchair:
 - o Obtain proper instruction in use of the wheelchair from a therapist.



Fall Fighter – Home Safety

- o Use a device that will extend your reach (such as a reacher).
- o Ask for assistance to reach an object if needed.
- Perform regular yearly maintenance checks on your wheelchair. Check either your purchase vendor or local occupational therapy department for maintenance assistance.



THE
CANTON REGENCY
SENIOR LIVING RESIDENCES



Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. Aegis Therapies and the featured company are separate companies. Aegis provides therapy services pursuant to a Service Agreement with the featured company. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。请探访您的本地Aegis Therapies地点以获得协助。ENG-00051-20 J2021

