

# FALL PREVENTION

Falls are one of the most common reasons for injuries and ER visits. Most falls are preventable. Use this checklist to make your home safer and help prevent falls.

**How To Prevent Falls: A Home Safety Checklist**

OCAHS Trauma Team

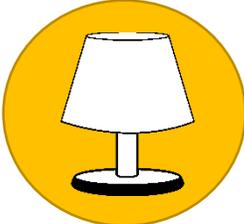
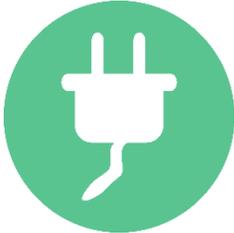
# HOW TO PREVENT FALLS: SAFETY CHECKLIST

Bathroom				
	No	Yes	Who Will Fix the Hazard (Family, Friend, Neighbor, etc.)	
Is the tub or shower slippery?	<input type="checkbox"/>	<input type="checkbox"/>	Put self-adhesive non-slip strips in the bottom of the tub and shower.	
Does the floor outside the tub or shower get wet and slippery?	<input type="checkbox"/>	<input type="checkbox"/>	Place a non-slip mat on the floor.	
Do you need assistance or have trouble getting off the toilet, out of the tub or shower?	<input type="checkbox"/>	<input type="checkbox"/>	Install grab bars next to the tub and toilet. Use a shower chair, bath bench, or raised toilet seat.	

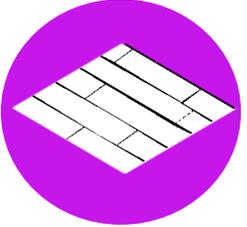
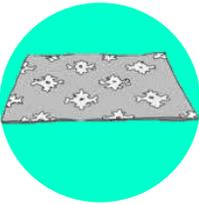
# HOW TO PREVENT FALLS: SAFETY CHECKLIST

Kitchen			
	No      Yes  If "Yes" How to Fix	Who Will Fix the Hazard (Family, Friend, Neighbor, etc.)	
Are there things that you commonly use that are difficult to reach?	<input type="checkbox"/> <input type="checkbox"/> <div style="border: 1px solid gray; padding: 10px; margin-top: 10px;"> <p>Place commonly used items in easily accessible places.</p> <p>Never use a chair to reach an item. If it is out of reach always to a step stool with support bar.</p> </div>		
Do you carry things that are large and bulky?	<input type="checkbox"/> <input type="checkbox"/> <div style="border: 1px solid gray; padding: 10px; margin-top: 10px;"> <p>Avoid carrying anything that obscures your ability to see where you are walking.</p> <p>If possible break down the item into smaller more manageable pieces.</p> </div>		
Are the floors greasy, oily, waxed, or slippery?	<input type="checkbox"/> <input type="checkbox"/> <div style="border: 1px solid gray; padding: 10px; margin-top: 10px;"> <p>Clean up spills quickly after they happen.</p> <p>Avoid waxing or polishing floors.</p> <p>Avoid walking over mopped floors that are still wet.</p> </div>		

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Bedroom				
	No	Yes	Who Will Fix the Hazard (Family, Friend, Neighbor, etc.)	
Is it difficult to reach a light from your bed?	<input type="checkbox"/>	<input type="checkbox"/>	Place lamp or a flashlight at bedside.	
Is your bedroom cluttered or are there cords in the path where you walk?	<input type="checkbox"/>	<input type="checkbox"/>	Remove items from the floor and keep a clear path. Use extension cords or relocate items to prevent having cords in the walkway.	
Is the room dark?	<input type="checkbox"/>	<input type="checkbox"/>	Use a nightlight or glow in the dark tape to create a well light path.	

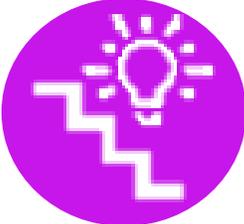
# HOW TO PREVENT FALLS: SAFETY CHECKLIST

Entire home				
	No	Yes	Who Will Fix the Hazard (Family, Friend, Neighbor, etc.)	
Do you have loosing or missing flooring?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Replace all loose or missing floor tiles.</p> <p>Repair flooring in areas that are uneven.</p>	
Are there items on the floor that can cause you to trip?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Pick up all electrical cords and place along the wall.</p> <p>Clean up all newspapers, magazines, shoes, and other clutter.</p> <p>Remove all throw rugs or secure them to the floor with double sided tape.</p>	
Do you have pets in your home?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Ensure they are not around your feet before you start walking.</p> <p>Train them not to walk by your feet, and not to jump on people.</p> <p>Keep their dishes, beds, and toys out of common walk ways.</p>	

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Health and Wellness				
	No	Yes	If "Yes" How to Fix	Who Will Fix the Hazard (Family, Friend, Neighbor, etc.)
Have you fallen before?	<input type="checkbox"/>	<input type="checkbox"/>	Evaluate and fix the cause of the previous fall.	
Are you weak?	<input type="checkbox"/>	<input type="checkbox"/>	Talk to your doctor and they may suggest something like physical therapy who can establish an exercise program that aims at increasing balance, strength and coordination. OCAHS Physical Therapy offers an Active Older Adult Class Tuesday & Thursday 10:30 - 11:00 and Revive Class Tuesday & Thursday 12:00 - 12:30. Call 712-707-6060 to sign up.	
Do you fall because of other health issues?	<input type="checkbox"/>	<input type="checkbox"/>	Get your eyes checked yearly.  Talk with your physician or pharmacist if your medications make you dizzy. Get up slowly after you sit or lay down.  Use assistive devices such as a walker or a cane.	

# HOW TO PREVENT FALLS: SAFETY CHECKLIST

Stairs				
	No	Yes	If "Yes" How to Fix	Who Will Fix the Hazard (Family, Friend, Neighbor, etc.)
Are your handrails loose, missing, or broken?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Be sure to have handrails on both sides of the stairs.</p> <p>Fix handrails or install new ones.</p>	
Are there any items on the steps?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Remove any items from the stairs.</p> <p>Keep stairs clear at all times.</p>	
Are the stairs hard to see?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Be sure to install good lighting above the stairs</p> <p>Place glow in the dark tape, or paint the edge of the stairs a contrasting color so each step is more visible</p>	

# HOW TO PREVENT FALLS: SAFETY CHECKLIST

Entryway				
	No	Yes	Who Will Fix the Hazard (Family, Friend, Neighbor, etc.)	
Does your entryway get icy?	<input type="checkbox"/>	<input type="checkbox"/>	Place bucket or container of ice melt inside the doorway and scatter on the ground prior to walking outdoors.	
Do your floor surfaces change throughout your home?	<input type="checkbox"/>	<input type="checkbox"/>	Walk with caution and slowly when going from one room to the next room to avoid tripping	
Do you ever walk around without shoes?	<input type="checkbox"/>	<input type="checkbox"/>	Have a place that you can sit to change your shoes. Never walk without having shoes on your feet. Bare feet or just socks are very slippery so always have a different pair to change into before removing the shoes you are already wearing. Wear non slip socks to bed or have them at the bedside to put on before getting out of bed.	

# OTHER SAFETY TIPS

- Keep emergency numbers in large print next to the phone or on the fridge.
- Think about wearing an alarm device that can help you if you fall or cant get to a phone to call for help.
- Keep your phone close in case of an emergency.
- Avoid excessive alcohol or anything that may alter your mental status.
- If you feel dizzy, lightheaded, or feel like you may fall, call for help.