

# How to Prevent Falls at Home

Falls are the leading cause of injury among older Canadians, with 20-30% of seniors experiencing one or more falls each year. Most falls happen at home because the person slips or stumbles.

This guide has ideas for changes you can make to lower your risk of falling. You may print out these pages and cut out each section to hang around your home as helpful reminders on how to keep yourself safe.



## How to prevent falls in your living room

**The way you set up your living space can help prevent falls.  
Here are a few tips to make your living space safer:**



Use bright lighting



Keep floors dry and clean up spills



Don't walk on wet floors

Be mindful of uneven floors

Use non-skid floor wax when cleaning



Remove hallway clutter



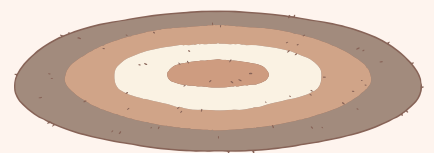
Keep electrical cords out of the way



Keep items you use often within reach



Avoid the use of step stools



Remove area rugs

# How to prevent falls in your bathroom

The way you set up your bathroom can help prevent falls.  
Here are a few tips to make your bathroom safer:



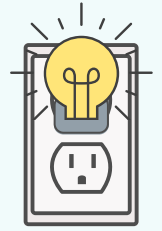
Remove soap buildup



Use non-slip bath mats

Install grab bars in your bath

Use a hand-held shower nozzle and a bath chair while showering



Have an automatic nightlight



# How to prevent falls in your bedroom

The way you set up your bedroom can help prevent falls.  
Here are a few tips to make your bedroom safer:



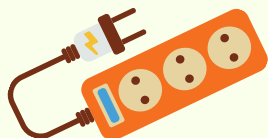
Keep your bedside lamp within reach

Avoid bedding that is too big and touches the floor

Use a sturdy chair with side arms while getting dressed



Use bright lighting



Keep electrical cords out of the way



Remove bedroom clutter



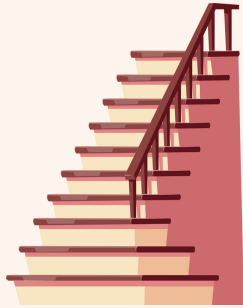
Remove area rugs

# How to prevent falls on the stairs

The way you set up your stairs can help prevent falls. Here are a few tips to make your stairway safer:



Use bright lighting



Use handrails



Add coloured paint on the first and last step



Remove clutter

Install non-slip treads



Remove area rugs

Try to go up and down the stairs as few times as possible



## Prevent falls by keeping healthy

Seeing your health care provider regularly can help prevent falls. These health care providers can:

Suggest ways to keep you safe



Change your medications to reduce your risk of falling

Evaluate your strength, balance and walking



If you have to go to the bathroom often or need help with bladder control, speak to your health care providers



Check your eyes and make sure your prescription is up-to-date

# Prevent falls by staying active

Moving a bit every day can help prevent falls. You can:



Use your cane or walker if recommended by your health care provider



Consider taking a yoga or tai chi class

Take your time when standing up, sitting down, walking or climbing stairs



Eat nutritious meals with lots of fruits and vegetables to keep up strength, resistance and balance



Regularly do strength and balance exercises

Don't skip meals. It can cause weakness and dizziness

Speak to your doctor before starting an exercise program



## Wearing safe and comfortable clothes to prevent falls

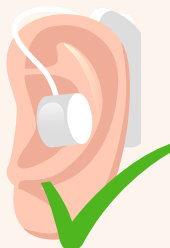
Choosing the right clothing can help lower your risk of falls.

Here are some helpful tips:



Wear clothes that do not drag on the ground

Wear your glasses and hearing aid



Avoid wearing socks without shoes

Wear non-skid shoes, even around when in your home



Avoid wearing baggy clothes



Avoid wearing slippers, flip-flops and high heels

# Staying safe and preventing falls while outdoors

Going outside is good for your health and a great way to stay active. Here's what you can do to stay safe outdoors:

Be mindful of risks in your outdoor space like plants, raised surfaces or broken walkways

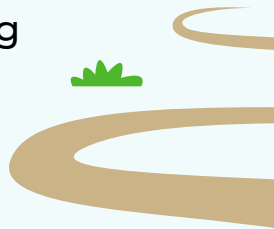


Schedule time outside early while it is light



Use bright outdoor lighting to see where you are walking

Use paths that are cleared regularly



## What do I do if I fall?

Despite our best efforts to prevent them, falls can still happen.

If you fall and you are not injured:

1. Turn onto your side, bend the leg on top and lift yourself onto your elbows or hands
2. Crawl on your hands and knees towards a sturdy piece of furniture or structure
3. Place both hands on the piece of furniture or structure
4. Place your stronger leg in front, hold on to the furniture or structure, and stand up
5. Carefully turn around and sit down
6. Call your doctor or care provider

If you fall and feel dizzy or like you might be injured:

1. Do not try to get up
2. Do not drive yourself to the hospital
3. If you have an emergency call device or telephone close by, use it to get help
4. If you don't, call out for help if you think you can be heard, or slide/crawl to a telephone or place where you can be heard
5. Make noise with a cane or any object to attract attention
6. Find the most comfortable position and wait for help
7. Use anything near you for comfort and warmth

