

Fall and Accident Prevention

Front and Back Entryways

- Keep walkways and stairs well lit and clear of clutter.
- Secure or remove throw rugs.
- Stabilize and secure stairwell railings on both sides of stairs.
- Place reflecting tape at the top and bottom of stairs.

Kitchen

- Keep a fire extinguisher in the kitchen for cooking fires.
- Place frequently used items on low shelves.
- Remove throw rugs to prevent tripping.
- Don't wear loose clothing or flowing sleeves when cooking.
- Use the most accessible burners so you don't reach over burners.
- Place a list of current healthcare information visible on your refrigerator.
- Use only sturdy stepstools that have side rails.

Bathrooms

- Add grab bars and non-slip strips in the shower or tub and near toilets.
- Install anti-scald devices and spout guards.

Bedrooms

- Place an easy to use lamp near your bed.
- Use a nightlight in both bedroom and bathroom.
- Install a handrail or place a sturdy piece of furniture next to the bed.

General

- Make sure your home has good lighting.
- Wear sturdy, low-heeled, soft-soled shoes; avoid wearing floppy slip-on slippers and sandals.
- Keep all cords on the floor out of the flow of traffic.
- Make sure furniture does not block entry into a room.
- **Use a cane or walker**, if necessary, or get someone to help you.
- Eliminate uneven areas in sidewalks, driveways and paths

Medications

- Check medication side effects. If lightheaded or dizzy, immediately notify your doctor.
- Check with your pharmacist about medication interactions.

For more information, visit:

pamf.org

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