

# Armscare Inc.

## Fall Prevention at Home

Falls happen at home for many reasons. There are several things that are known to add to your risk of falling.

These include:

- Lighting
- Clutter in Hallways and Stairs
- Floors
- Bathrooms
- Others

Our goal is to help you prevent falls at home! Here are some things that you can do that will help lower your risk of falls at home.



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## Lighting

- Replace dim, burned out or glaring lights with bright, soft white light bulbs



- Use a night light
- Make sure lights are easy to turn on and off



- Keep flashlight available



## Bathroom

- Use a raised toilet seat and safety frame for ease in getting up and down from toilet



- Set water temperature at 120 degrees or less (prevent burns and falls trying to avoid burns)

- Consider a hand-held shower head, shower chair and handrails in the tub

- Place non-skid adhesive strips in the tub

- Use liquid soap or soap on a rope to prevent dropping soap



# Floors

- Remove scatter/throw rugs



- Place non-skid treads or double-sided tape under area rugs



- Keep floors free from clutter
- Wipe up spills immediately
- Make sure floors are not slippery



# Clear Hallways and Stairs

- Remove clutter, especially from hallways and stairwells
- Use handrails while taking the stairs
- Place non-skid treads or bright reflective tape to mark the edge of the stairs



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# Other

- Store items used often at waist level
- Select furniture with armrests for support in getting up and down
- Keep phone within easy reach
- Dizziness and weakness from poor nutrition or medication changes, consult your provider or the outpatient dietician
- Inform your physician of poor vision or hearing
- Discuss the use of aids, such as cane, with your provider if you have any concerns of, or have a history of falls
- Be more cautious with daily activities when over the age of 65