

How to Prevent Falls

Falls are the most common cause of injury in older adults. 1 in 3 seniors fall every year, resulting in over 100K hospital emergency visits.

The 3 Most Common Types of Falls are:

1. Slips & trips
2. Falls from stairs
3. Falls from furniture

To minimize slips in the bathroom:

- Install non-slip decals no more than 2 inches apart on the bottom of the tub or place a removable non-slip mat.
- Consider installing a shower seat or building a seat into the shower.
- Install grab bars near the toilets, tubs, and showers. Ensure grab bars are secure and do not move when used.
- If necessary, consider using a raised toilet seat or a handheld shower.
- Avoid using bath oils as they can make surfaces slippery.

To prevent falls on the stairs:

- Ensure the home has handrails and install non-slip tape on the steps for added support.
- Install nightlights.
- Wear non-slip footwear such as non-slip socks or rubber sole slippers.
- Avoid flip-flop style slippers as they can be a tripping hazard.



Ensure all items the person you are caring for may need or use, are easily accessible so they don't have to bend down or reach, which could lead to a possible fall.

To minimize falls from furniture::

- Ensure you clear any walkways of furniture or other items like cords.
- Use chairs with armrests.
- Remove scatter rugs as they are tripping hazards.
- Encourage the person you're caring for to use assistive devices like their walker or cane.
- If they have oxygen tubing, ensure the tubing is out of the way when walking.
- Ensure all items the person is using are easily accessible so they do not have to bend down or reach.
- Adding a nightlight to any space to increase visibility.

To prevent falls outside the home:

- During autumn, clean up wet leaves as they can be tripping hazards.
- In the winter, use rock salt to melt snow/ice and help with grip.
- During extreme weather, it's best to stay inside.



For a more detailed tutorial, please scan the QR code.