

SAFETY TIPS: FALL PREVENTION ADVICE FOR OLDER ADULTS



Many falls can be prevented by making simple changes in living areas, as well as personal and lifestyle changes. In addition, if an older adult lives alone, it is recommended to have a personal medical alert system so they can easily contact help.

Six out of every 10 falls happen at home, so it is important to follow these tips to make your home safer:



Make sure carpets are secured to floors and stairs and use non-slip rugs and strips on floors and stairs



Remove items that could cause you to trip or slip while walking, especially throw rugs



Arrange the furniture to give you plenty of room to walk freely and remove items from stairs, hallways and pathways



Install handrails for stairs and walkways, and grab bars for tubs and showers - use them regularly



Ensure proper lighting inside and outside:

- Use light bulbs that have the highest wattage recommended for the fixture
- Install night-lights in the bathroom, hallways, bedroom and kitchen and keep a flashlight by your bed in case the power goes out



Store food boxes, cans, dishes, clothing and other everyday items within easy reach



Avoid wet floors and clean up spills right away



AN OLDER ADULT IS TREATED IN AN EMERGENCY DEPARTMENT FOR A FALL EVERY 18 SECONDS, AND EVERY 35 MINUTES AN OLDER ADULT DIES OF A FALL RELATED INJURY.

For more information, visit nihseniorhealth.gov.

