

# Helpful Tips to Avoid Falls

- Paint the edges of outdoor steps a light color.
- Mark steps that are especially narrow or are higher or lower than the rest.
- Paint outside stairs with a mixture of sand and paint for traction.
- Keep outdoor walkways clear and well-lit.
- Inside your home, remove clutter.
- Keep telephone and electrical cords out of pathways.
- Tack rugs and glue vinyl flooring so they lie flat.
- Remove or replace rugs or runners that tend to slip or attach nonslip backing.
- Do not stand on a chair to reach things.
- Store frequently used objects where you can reach them easily.
- Have a lamp or light switch that can easily be reached without getting out of bed.
- Use night lights in the bedroom, bathroom and hallways.
- Keep a flashlight handy.
- Have light switches at both ends of stairs and halls.
- Install handrails on both sides of stairs.
- Add grab bars in shower, tub and toilet area.
- Use nonslip adhesive in shower or tub.
- Consider sitting on a bench or stool in the shower.
- Consider using an elevated toilet seat.
- Use canes & walkers as directed by your health care provider.
- Wear nonslip, low heeled shoes or slippers that fit snugly.
- Avoid walking around in stocking feet.
- Review medications with your doctor or pharmacist. Some drugs, including over the counter drugs, can make you drowsy, dizzy or unsteady.
- Have your hearing and eyesight tested. Inner ear problems can affect your balance. Vision problems can make it difficult to see potential hazards.
- Exercise regularly to improve muscle flexibility, strength and balance. Talk to your health-care professional about an exercise program that is right for you.
- If you feel dizzy or light-headed, sit down or stay seated until your head clears. Stand up slowly to avoid unsteadiness.
- Consider using an emergency call pendant like Guardian Alert or Freedom Alert.



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