

Safety Starts With You!

Dear Client and Family,

Research shows that many falls that happen at home are due to environmental hazards. We want you to be safe in your home. The hazards listed below are commonly associated with falls. You can reduce your risk of falls by eliminating these environmental hazards from your home.

HAZARD	ACCEPTABLE	UNSAFE/ NEEDS CHANGE	WHAT TO DO IF UNSAFE
1. Throw rugs/carpets			Repair or replace torn carpet. Remove all throw rugs, tack down, or use non-skid rugs.
2. Cluttered walkways			Rearrange furniture, remove clutter & obstacles. **Make sure you have room to freely maneuver your walker/cane.
3. Cords in walkway			Remove cords from walkway or tape/secure cords to one side of walkway.
4. Loose fitting shoes			Wear proper fitting shoes with a good grip and low heels
5. Standing do dress self			Sit to dress/undress self
6. Slippery surfaces in bathroom area			Use a non-slip bathmat in tub/shower, install grab bars near shower and toilet, use bathmat/rug with rubber backing. **Make sure rug is secured to floor.
7. Commonly used items that are hard to reach			Avoid using a step stool. Place commonly used items at waist level.
8. Inefficient lighting			Replace light bulbs, use nightlights, leave lights on in high traffic areas. Colored adhesive tape can be used to clearly mark steps.
9. Unsafe chairs			Avoid chairs that rock or swivel. Use chairs with armrests. Make sure feet can touch the ground and chair is at proper height.