Home Safety Guide

PREVENTING FALLS

Unintentional falls are the leading cause of injury death among adults aged 65 years and older. Most falls occur at home and happen in predictable, preventable ways. Here are home safety tips to keep you or your loved one safe.

Put in night-lights.

Keep your home well-lit, placing lights in hallways, stairwells, and bathrooms.

Know about any side-effects of medication that could potentially lead to a fall.

Place a lamp within reach of your bed.

Use handrails next to & inside the tub & next to the toilet.

Use handrails on the stairway. Install light switches at both top and bottom of stairways.

Use non-slip rubber mats in the bathtub and shower.

Keep items you use daily on lower shelves.

Get rid of throw rugs or use double-sided tape to secure them.

Clear walkways of clutter, electrical cords, etc.

Clean up spills once they happen.

Injury Prevention Service
Oklahoma State Department of Health

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