



DON'T LET A
FALL GET YOU
DOWN.



Ontario
Chiropractic
Association

Prevent Falls in the Home

As we grow older, our risk of falling increases and so does the risk of serious injury from a fall. Most trips, slips and falls happen in and around the home. Here are some simple things you can do to make sure your home doesn't trip you up.



THE BATHROOM

- Use a non-slip mat inside and outside the tub or shower.
- Install grab bars by the toilet and in the tub and shower area.
- Purchase a non-slip bath and shower bench to get in and out safely.
- Install a raised toilet seat to make getting on and off easier.

THE KITCHEN

- Replace loose scatter mats with rugs that have

rubber backing.

- Wipe up spills immediately.
- Keep everyday items on shelves within easy reach.
- Make sure no extension cords cross your path.
- Never climb on a chair or stool to reach for something. Always ask for assistance.
- Use non-slip floor wax.
- Add gliders to your chairs to make moving them easier when you sit down or get up from the table.

STAIRWAYS

- Keep stairways clear of clutter that can cause you to trip.
- Ensure there are handrails on both sides of the staircase.
- Repair loose railings.
- Install non-slip strips on the edge of each step.
- Secure loose or wrinkled carpet.
- Ensure good lighting in stairwells.
- Make sure you can see where you are going if you are carrying something up or down the stairs.

THE REST OF THE HOUSE

- Have a clear path from the bedroom to the bathroom. Place night lights along the way to guide you.
- Make sure tables and lamps are stable.

- Always sit down when putting on or taking off shoes and clothing.
- Don't rush to answer the phone. Consider a cordless phone.

OUTDOORS

- Keep a covered bucket of sand or salt near the doorway in winter to safely handle slippery conditions.
- Make sure outdoor railings and stairs are sturdy and secure. Install railings on both sides of outdoor stairways if needed.
- Keep steps and pathways clear of clutter such as yard tools, snow shovels, newspapers and wet leaves.
- Don't juggle parcels while trying to enter the house. Never carry more than is reasonable. Instead, make a few trips from the car with smaller packages.

Ontario's Chiropractors. Here to Help.

A chiropractor can assess your strength and balance, and prescribe exercises specifically for you. To locate a chiropractor in your community visit our website at www.chiropractic.on.ca. For more information or to arrange for a chiropractor to give a presentation to a group, contact us today.

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