



# ANYONE CAN FALL

*Prevent it from happening to you*

## KEEP YOUR HOME SAFE

Older adults want to live active and independent lives. The home is a common place to be injured from a fall. Falls are often due to hazards that are easy to overlook, but important to fix.

## *Keep your independence*

Anyone can fall, but as you grow older, the risk increases. Every year one in three seniors will fall. Falls prevention isn't just about stopping falls before they happen. It's about keeping your independence.

**Finding  
Balance**

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To learn more about preventing falls, visit  
[www.findingbalanceontario.ca](http://www.findingbalanceontario.ca)

## Take steps to prevent a fall!

### Light your way

- Poorly lit pathways cause shadows and can hide hazards.
- Turn lights on before you enter a room.
- Pause and give your eyes time to adjust to changes in light.
- Have a light by your bed with a switch that is easy to reach.
- Keep pathways well lit inside and outside. Use night lights and motion detector lights.
- Replace burned out lights.

### Create a trip free home

- Clutter and obstacles can cause slips, trips, and broken hips.
- Keep pathways clear of furniture and cords.
- Remove scatter mats and area rugs or tape down the edges.
- Keep a cordless or cell phone handy.
- Look out for things that can cause you to trip such as pets or door thresholds.

### Bathroom safety

- Install safety grab bars for your tub, shower and toilet.
- Have your toilet paper roll within easy reach.

- Use non slip mats inside and outside of bathtubs and shower stalls.
- Keep a night light on in the bathroom.

### Steady on the stairs

- Stairs are a common place for falls to occur.
- Have handrails on both sides of your stairways and check that they are secure.
- Ensure you can see the stairs in front of you. Use the handrails at all times.
- When carrying things, don't let them block your view. Keep one hand free to hold onto the rail.
- Keep stairs well lit. Have light switches at the top and bottom of the stairs.
- Keep stairs free of clutter.

### Outside the home

- Watch for uneven surfaces, sidewalk cracks, unmarked curbs and slopes.
- Avoid wet surfaces like puddles, snow and ice.
- Use ice grippers on your boots to help with balance on slippery surfaces.
- Pay close attention when you are in unfamiliar places.
- Watch for obstacles like other people, cars, pets and newspaper stands.

## Falls are not a normal part of aging.

### Talk to your healthcare provider if you have had a fall.

Original concept developed by the City of Edmonton, Capital Health Edmonton and the Alberta Centre for Injury Control & Research.

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