Preventing Falls
National Senior Safety Week
November 6 to 12, 2014

Tips for Seniors

- Secure scatter rugs in place or remove them.
- Consider installing grip bars in the shower or bath.
- Keep high traffic areas free of obstacles.
- Do not store things on the stairs, even temporarily.
- Store heavy items in lower cupboards and lighter ones above.
- Keep the path from the bed to the bathroom clear.
- Ensure rooms, halls, and doorways are well lit.

To Do

- Check your home for tripping/slipping hazards: most falls happen at home.
- Bone up on calcium & vitamin D: most of us are not getting enough in our diets.
- Check medications. Consult your doctor, especially if you are on more than three medications a day.
- Make an appointment to get your eyes checked at least once a year after the age of 65.
- Try tai chi, a strength-building, balance exercise that has been shown to reduce the risk of falling.
- Wear shoes with good rubber soles. Avoid loosely fitting slippers.
- Have emergency numbers handy near your bed and by all phones.
- Ensure pathways, decks and stairs are in good repair with railings and good traction.

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