



Preventing Falls

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Falls are the leading cause of injury in older people. More than half of all falls occur in the home. Discuss FALL PREVENTION with your physician. Take necessary steps to make your home safe.

Take the following quiz to help access the risk of falls in your home.

The more “true” answers, the less chance a fall may occur.

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| T | F | I do not have throw rugs; area rugs are secured with non-slip pads or double-sided tape. |
| T | F | I do not store or stack items on the floor or steps. |
| T | F | I have a night light in the bedroom, hallway, and bathroom. |
| T | F | I have a lamp close to my bed so I can turn it on before rising. |
| T | F | I always turn on the light before entering a dark room. |
| T | F | My shower / tub has a non slip surface. |
| T | F | My bathroom towel rack is sturdy. |
| T | F | All stairways, inside and outside my home, have sturdy handrails. |
| T | F | I am careful when taking medications which might cause me to become dizzy or drowsy. |
| T | F | I wear my glasses when moving about my home. |
| T | F | I do not rush to answer the phone or the door. |
| T | F | I never use a step stool or ladder that is not sturdy. |
| T | F | I am careful not to block my vision when carrying packages. |
| T | F | There are no electrical cords on the floor that may be a “tripping” hazard. |
| T | F | Spills are wiped up immediately. |

Important:

If you use oxygen – be sure you know exactly where the tubing is before you stand up and move about; gather tubing in your hand as you walk, keeping it behind you.

Additional concerns if children live in the home or are visiting:

- Be sure stairways are gated.
- Be sure windows screens are secured.

For more information you may contact:

- Administration on Aging (www.aoa.gov).
- American Association of Retired Persons (www.aarp.org)
- US Consumer Product Safety Commission (www.cpsc.gov)