



Community Agenda

Fall Hazard Checklist

Fall Prevention Tips:

- ❑ A person who is unsteady on their feet may be at risk for a fall in the bathroom. Use of a tub seat or shower chair along with a hand-held shower massage with extra-long cord may help avoid slips.
- ❑ Sudden changes in surfaces such as curbs or ramps can cause a loss of balance. When painted brightly, these surface changes are easier to identify.
- ❑ A person's balance can be worse when walking in the dark. Use of nightlights or having a lamp near the bed can improve safety when getting up at night.
- ❑ If a person is holding onto furniture as they walk, they are at risk for falls. Use of a walker or cane with training by a physical therapist can lessen the risk.
- ❑ Use of power failure lights prevents walking in the dark. These simple devices can be installed in electrical outlets and are especially helpful near stairs.
- ❑ One cause of dizziness results from a sudden change in position. Clenching hands and wiggling toes prior to standing reduces this form of dizziness.

If you do fall ... call 9-1-1 !

Call for help. Keep a telephone, along with emergency phone numbers, on a low table. It will be easier to reach if you fall and can't get up.

Keep warm. While you are waiting for help. Cover up with a blanket, a coat, or even a rug if that's all you can reach.

See a doctor. Even if you don't think you're hurt, always see a doctor after a fall – especially if you don't know why you fell. Falling may often be a sign of illness or of problems with the medication you're using.