

# Preventing Falls

National Senior Safety Week  
November 6 to 12, 2014

## Tips for Seniors

Only use ladders on dry, hard, flat surfaces, and keep your body weight centred.

Keep high traffic areas free of obstacles.

Secure scatter rugs in place or remove them.

Consider installing grip bars in the shower or bath.

Do not store things on the stairs, even temporarily.

Store heavy items in lower cupboards and lighter ones above.

Ensure rooms, halls and doorways are well lit.

Keep the path from the bed to the bathroom clear.

Avoid rushing!

Have emergency numbers handy near your bed and by all phones.

Wear shoes with good rubber soles. Avoid loosely fitting slippers.

Ensure pathways, decks and stairs are in good repair with railings and good traction.

## 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.

[www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)

