



Preventing Falls

Falls in the home are the most common cause of nonfatal injuries and hospital admissions for trauma. Of people who fall, one out of five suffer moderate to severe injuries that can make it hard to get around or live independently and increase the risk of early death.

How to Prevent Falls

Floors and Stairways

- Make sure all floors are clear of clutter, all floorboards are even and carpets are well secured.
- Eliminate throw rugs or place nonskid pads under the rugs.
- Make sure all handrails are securely fastened to walls and staircases are secured.
- Make certain that both sides of steps and stairways have handrails.

Bathroom

- Be sure that you can move safely in and out of the bathroom and tub/shower.
- Place non-slip strips on the bottom of the tub and floor of the shower stall.
- Install adjustable-height showerheads for easy reaching.
- Mount grab bars at the toilet, in and around the bathtub and in the shower stall.
- Be sure grab bars are securely fastened and have them checked regularly.
- Choose bath rugs that have non-slip padding or use double-sided rug tape.

Kitchen

- Keep the items you use regularly in places that are easy to reach.
- If you need to use a step stool, use one that has a bar at the top.

Bedrooms and Living Rooms

- Place night-lights in hallways, stairways and bedrooms to keep pathways illuminated.
- Keep a light and telephone near your bed.
- Keep emergency numbers in or near your phone.
- Keep the lighting in each room uniform to eliminate dark shadows.
- Keep regularly used items where you can reach them.

Overall

- Remove clutter that may make it difficult to navigate.
- Remove electrical cords that can create trip hazards.
- Make sure seating is sturdy and in good repair.
- To reduce the risk of dizziness, vision problems or other reasons for instability, ask your physician or pharmacist about any side effects of your medications (including over-the-counter medications) that could impair your stability.
- Choose footwear that fits well and has non-slick soles and low heels.
- Exercise regularly and focus on increasing leg strength to improve balance. Low-impact yoga or tai chi are helpful programs. See your physician before starting any new exercise programs or diets.



To learn more, visit OrlandoHealth.com and CDC.gov/falls

Emergency Room

29 W. Sturtevant St. | Orlando, FL 32806
(321) 841-5210

Main Entrance

52 W. Underwood St. | Orlando, FL 32806
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