DON'T LET A FALL GET YOU DOWN.

Ontario Chiropractic Association

As we grow older, our risk of falling increases and so does the risk of serious injury from a fall.

Most trips, slips, and falls happen in and around the home. Here are some simple things you can do to reduce your risk.



The Bathroom

- Use a non-slip mat inside and outside the tub or shower
- Install grab bars by the toilet and in the tub and shower area
- Purchase a non-slip bath and shower bench to get in and out safely
- Install a raised toilet seat to make getting on and off easier

The Kitchen

- Replace loose scatter mats with rugs that have a rubber backing
- Wipe up spills Immediately
- Keep items on shelves within easy reach
- Make sure no extension cords cross your path
- Never climb on a chair or stool to reach for something
- Add gliders to your chairs to make moving them easier when you sit or get up from the table

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