



DON'T LET A  
**FALL** GET YOU  
**DOWN.**



Ontario  
Chiropractic  
Association

# Prevent Falls in the Home

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 make sure your home doesn't trip you up.



## 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

rubber backing.

- Wipe up spills immediately.
- Keep everyday 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. Always ask for assistance.
- Use non-slip floor wax.
- Add gliders to your chairs to make moving them easier when you sit down or get up from the table.