

Preventing Injuries in the Home

Falls are the leading cause of injuries and hospitalizations among the elderly. A majority of falls happen in the home. These following guidelines can help you to create a fall-free home:

- Apply non-skid tape on the edge of stairs.
- Remove all unnecessary furniture.
- Secure electrical and telephone cords to the wall.
- Install thin pile carpet, it is easier to walk on than thick pile and safer than throw rugs.
- If you use throw rugs, secure them to the floor with double-sided tape
- Keep floors dry.
- Make sure the path is clear around furniture. Remove any hazards like magazines, papers shoes or anything else someone could trip on.

This information is brought to you by the Racine County Triad program. Triad is a co-op of law enforcement, organizations and older adults working together to improve the lives of seniors in our community. For more information on Triad, please call 262.886.9612

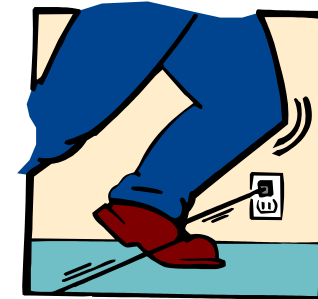


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Racine County Triad

PREVENTING INJURIES IN THE HOME

Older Adults, Law Enforcement and Agencies Working Together



Helpful Tip #1

Have your healthcare provider check you medications (over-the-counter and prescription) to check for interactions that may cause unbalance or other health issues.

www.RacineTriad.org

262.886.9612
800.201.9490

Injury Prevention Checklist

- I keep hallways and stairways well lit and free of objects on the floor.
- I have non-skid soles on my shoes and slippers.
- My home is well lit and I use night-lights to light halls and areas around bedroom and bathrooms.
- I check my appliances and extension cords to be sure they are not frayed or overloaded in the outlets.
- My tub and shower have a non-skid base.
- When finished bathing I turn off the hot water first so I do not get accidentally burned.
- I have a complete physical and my vision checked annually.
- I make sure my hearing aid is working properly and my glasses are clean so I am able to be better aware of my surroundings.

- I have secure and sturdy handrails on stairwells.
- I clean up spills immediately so no one slips and falls on them.
- I have working smoke detectors on every level of my home, including my basement.
- I carry a cordless phone or have another signal system for when I am home alone in case I need help.
- I have reviewed Triad's Fire Safety brochure and follow the safety tips listed in there carefully.
- I have my hot water thermostat set below 120 degrees Fahrenheit.
- I use a stable step stool, not a chair, to reach high shelves.
- I have ground fault circuit interrupter (GFCI) outlets in my bathroom as well as in my kitchen, laundry room and workshop.



- I fix safety problems immediately so no one, including myself, gets hurt.

Other Important Tips

- Handrails and shower seats may be helpful in the tub or shower, especially if you tire easily while bathing.
- Adjust furniture so it will not move if leaned on.



- Use non-wax cleaning products on floors.
- Install railings where someone may need extra support, such as long hallways.
- Cover all sharp edges or corners with rubber cushioning.
- Read the Home Safety and Security brochure from Triad and schedule a Home Security Check with your local police or Sheriff's Department.

Check out our other safety brochures for information about Home Safety and Security, Fire Safety, Auto Theft Prevention and Food Preparation and Safety available through Triad. Call us for your free copies.