

# HAZARDS AT HOME

*Here is a list of some of the risk factors which may exist in your home. Place a checkmark by the one's that apply to your home!*

## GENERAL:

- Poor Lighting
- Slippery/Wet Floors
- Uneven Floors
- Throw Rugs/Runner/Mats
- Curled carpet edges
- Electric or telephone wires in the area where we walk
- Clutter
- Small objects in pathways
- Unstable seating such as swivel chairs
- Pet or children's belongings left in walkways
- Laundry left on floor in pathways
- Cleaning products that leave slippery surfaces
- Icy Walkways / Stairs / Driveway
- Storage areas that require excessive reaching or bending to access (keep supplies in easy to reach places)

## STAIRWAYS:

- Missing light switches at top and/or bottom of steps
- Unsteady handrails
- Uneven steps or steps needing repair
- Items placed on stairs

## KITCHEN:

- Unstable step stool
- Appliances arranged inefficiently
- Unstable seating
- Appliances or other equipment that are not in good working order

## BATHROOM:

- Lack of grab bars in shower or tub
- Lack of non-skid surfaces in shower or tub (bath mats should stick securely to the tub)
- Toilets that are wobbly or too low to floor
- Unstable towel rack
- Unstable sink
- Talcum powder on floor

## OUTSIDE:

- Walkways / stairs in disrepair
- Wet smooth surfaces, for example, slate
- Cluttered walkways and storage areas
- Poor night lighting
- Poor placement of trash and recycle bins
- Garden hose across the walk area
- Children's toys in the walk area
- Pet toys and leashes in the walk area
- High curb

# What to do if you fall!

## Try not to panic, rest for a moment

### If You Can Get Up



- Roll onto your side
- Push up into sitting position.



- Turn onto your hands and knees.
- Crawl to the nearest stable furniture, e.g. bed, chair, stool, toilet.



- Place your hands on the seat.



- Place one foot flat on the floor.



- Lean forward and push up with your other foot.



- Sit, rest, and then tell someone you have fallen.

Figures used with permission:  
Malvern Health Centre  
Worcestershire, UK

### If You Are Injured

**DO NOT** try to get up.

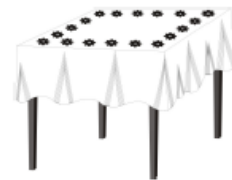
#### Get HELP

Drag yourself to a phone.  
Call 911 and stay on the line.



#### Keep Warm

Use anything that is near:  
Bedding, a coat, even a tablecloth.



#### If You Are Wet

If your bladder “lets go” in the fall,  
move away from the damp area to keep  
warm.

#### Move Your Limbs

Gently moving your arms and legs will  
help your circulation, and reduce pressure  
areas.

### BE PREPARED:

- Practice getting up before a fall occurs
- Activate your personal alarm call system if you fall
- Have your phone at table level for easier access
- Find a daily telephone buddy



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