



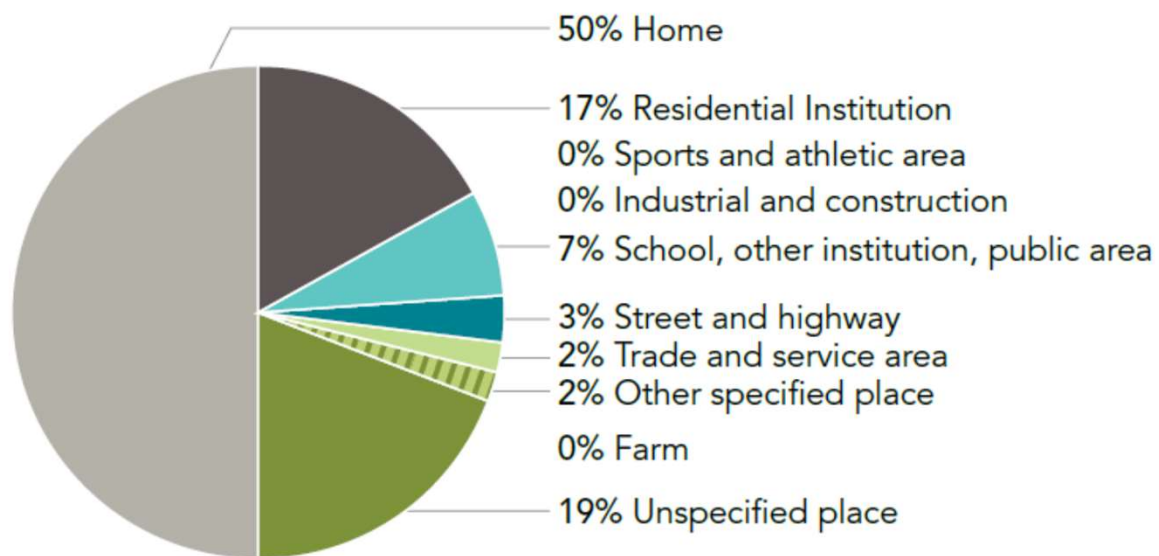
Home Safety: What To Look For

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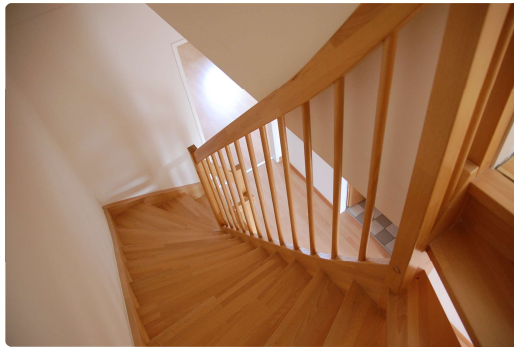


**Many Years
Ago,
I Had A Really
Bad Fall...**

Figure 15: Fall-related hospitalizations, by place of occurrence of fall, age 65+, Canada, pooled across all fiscal years ³¹



Location of Falls



**We
Spend A
Lot Of
Time At
Home**



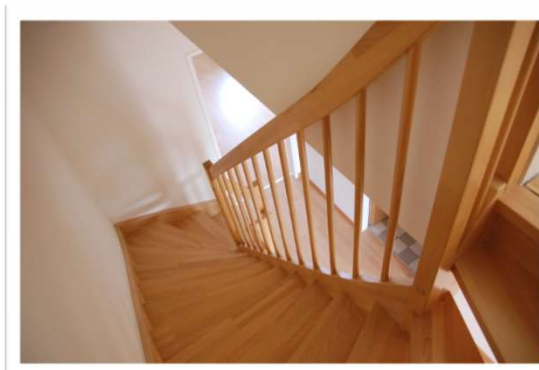
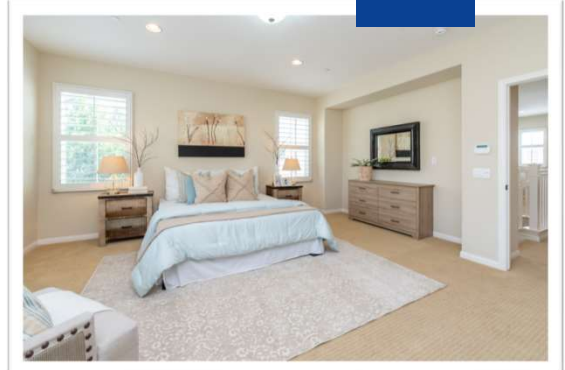
**There Are
Various Home
Hazards To
Watch Out For**



**With Some
Preventative
Measures,
You Can Decrease
Your Risk Of
Having A Fall!**

Rooms To Analysis:

- ▶ Bedroom
- ▶ Bathroom
- ▶ Kitchen
- ▶ Stairwell





BEDROOM

Bedroom

Risk

1. Slippers
2. Loose Wiring
3. Loose Carpet
4. Clutter

Prevention

1. Use Sandals That Do Not Have A Super Soft Surface
2. Wire Management
 - Install More Outlets
 - Tuck Wires Away
3. Remove Carpet OR Use Double Sided Tape
4. Remove Any Unnecessary Items On The Floor



BATHROOM

Bathroom

Risks

1. Slippery Tub
2. Slippery Floors
3. Low Toilet Seats

Prevention

1. Anti Slip Mats
 - Grip Bars
 - Handheld Shower Heads
 - Bathtub Seats
2. Bathroom Mats
3. Raised Toilet Seats



KITCHEN

Kitchen

Risks

1. Slippery Floors
2. High Shelves
3. Running While Cooking
4. Shoulder/Back/Hip Injuries

Prevention

1. Non-Slip Mats
Clean Up Spills Immediately
2. Use Step Ladders
3. Use Appliances With Timers
Be Very Careful When Carrying Heavy Items
4. Keep Heavy Items At Hip Level

A photograph of a wooden staircase with the word "STAIRWELL" overlaid in white text. The staircase is made of dark wood and is set against a light-colored wall. A blue square is visible in the top right corner of the image.

STAIRWELL

Stairwell

Risk

1. Unsteady Gait While Walking
2. Slippery Surfaces
3. Clutter

Prevention

1. Handrails Should Be Installed
Try To Keep Hands Clear When Using Stairs
2. Place Anti Slip Material On Stairs
3. Remove Any Items On Stairwells

ADDITIONAL TIPS





PROPER
LIGHTING



CREATE
OPEN SPACE



SPILLS



EMERGENCY
NUMBERS



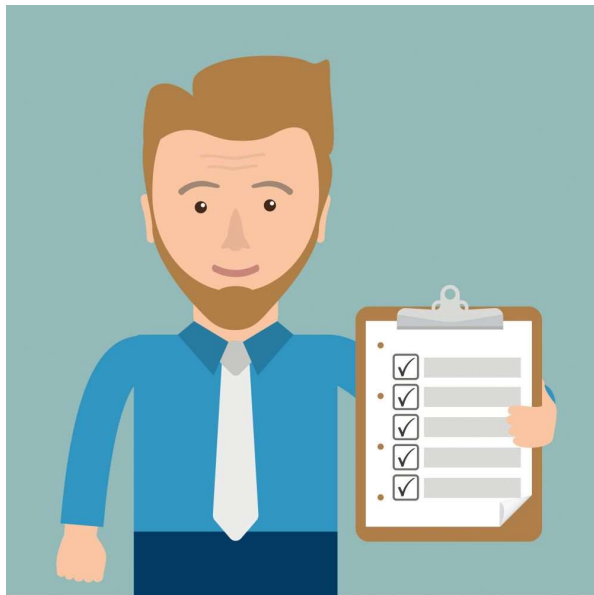
PETS



ALARMS

Additional Tips

Additional Resource



► ClosingTheGap.Ca Has A Great Checklist To Review!

<https://www.closingthegap.ca/home-safety-a-seniors-guide-to-avoiding-hazards-in-your-home/>

**While We Can't Prevent
100% of Falls, We Can
Work To Reduce The Risk!**