

How you can Prevent a Fall



Tips from the
Occupational Therapy **TOOLKIT**



For more info visit:
www.ottoolkit.com

LIGHTS



SHOES



AIDS



FLOOR



Place a lamp within easy reach of your bed.

Light the top and bottom of stairs.

Install night lights or motion lights.

Make sure footwear fits properly - avoid wearing shoes that are too big or too small.

Examine shoes for wear - smooth or loose soles can cause a fall.

Make sure you can tie your shoes securely.

Know how to use assistive devices like canes, walkers & wheelchairs.

Install grab bars in the bathroom and use a shower bench to slide over the tub wall instead of stepping.

Place frequently needed items within easy reach in the bedroom, kitchen and bathroom.

Clear floor of clutter and never store anything on the stairs.

Remove throw rugs.

Clean up spills promptly.

Install non-slip mat in tub/shower.