



Nana's Home Health Care Services, Inc.  
1 Kinderkamack Road, Suite 100, Hackensack, NJ 07601  
Phone: (201) 520-3030 • Fax: (201) 520-3031

## PREVENTING FALLS

- Stairways and halls are well lighted.
- Night-lights are used in the bathroom, halls, and passageways.
- A flashlight with good batteries or a lamp is within easy reach of your bed.
- Throw rugs are removed or have a nonskid backing and are not placed in traffic areas.
- All clutter is cleared from the house, especially from pathways.
- Electrical and telephone cords are placed along walls – not under rugs – and away from traffic areas and do not cross pathways
- There are step stools without high handrails.
- Handrails are used on stairs and are securely fastened.
- Grab bars are installed by the shower, tub or toilet.
- Shower stools or non-skid strips are attached to the bottom of the tub.
- Elevated toilet seats and stools are used, if needed.
- Spills are cleaned up immediately.
- Outside walks are kept clear of snow and ice in the winter.
- Outside steps and entrances are well lighted.
- You are aware of any medications being taken which may cause dizziness or unsteadiness.
- When in a seated or lying down position, stand up slowly.
- A cane can be used for extra stability.
- Steps and walkways are in good condition and free of objects.
- Steps have non-skid strips or carpeting is securely fastened and is free from holes or fraying.
- Light switches are located at the top and bottom of stairways and at both ends of long halls
- Doors do not swing out over stair steps.
- Clearance in the stairway provides adequate headroom.
- Porches, balconies, terraces, and other elevations or depressions are protected by railings or otherwise protected.