

# Fall Prevention

## Simple Changes Can Help Reduce Your Risk

NEBRASKA  
HEALTH  
NETWORK



Falls can be devastating. According to the Centers for Disease Control, they are the leading cause of non-fatal injuries among adults. One out of every 10 falls causes a serious injury, such as a hip fracture or head injury, often requiring hospitalization. Every year, 3 million older Americans are treated in emergency departments for fall injuries.

Reducing your risk for falls can help you remain independent and safe in your daily life. Talk to your health-care team about what preventions are right for you and simple changes you can make to help reduce your risk.



## REDUCE FALLS AT HOME

Making changes around your home can lower your chances of falling. Basic interventions include increased exercise and home modifications such as: Handrails in stairwells, increased lighting, grab bars in the bathroom and showers and removal of throw rugs or small area rugs. Follow our guide below to see what you can do in the main rooms in your house.

### UPSTAIRS



- Use handrails for both sides of stairways
- Install nonslip treads for bare-wood steps
- When using the stairs, take one step at a time

### BEDROOM



- Place night lights in your bedroom, bathroom and hallways
- Place a lamp within reach of your bed for middle-of-the-night needs

### EXERCISE



- Consider regular exercise that focuses on flexibility, strength training and balance
- Choose footwear with a nonslip tread on the bottom of the shoe

### KITCHEN



- Store dishes, food and other necessities within reach
- Immediately clean spilled liquids, grease or food

### BATHROOM



- Use a raised toilet seat or one with armrests
- Install grab bars for the shower or tub
- Utilize a shower chair and include a hand-held shower nozzle for bathing while sitting down

### LIVING ROOM



- Remove boxes, newspapers, electrical cords and phone cords from walkways
- Remove area and throw rugs
- Wear comfortable shoes even when inside

### HOUSE MAINTENANCE



- Avoid carrying large objects like vacuums up and down stairs
- Avoid using step stools and ladders when changing light bulbs or reaching high objects
- Use extra caution outside and avoid puddles, ice and snow



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