



## The most common risk factor for injury in Americans 65 or older is falling.

Approximately **72.8%** of falls occur in and around the home. Injuries from falls are one of the leading causes of death in older Americans. Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater the chances they are going to fall.

- 1 Install grab bars in your bathroom near the tub / shower and toilet. Place non-skid mats or carpets on all surfaces that may get wet. Use a nightlight in the bathroom.
- 2 Install nightlights and keep the light switches near your bed. Keep a flashlight by your bed in case of power outages. Keep your phone near your bed.
- 3 Keep walkways free of extension cords. Make sure furniture and other objects are not blocking your walkway. Make sure you can easily get in and out of your sofa or chair. Keep items you use often within reach.
- 4 Be aware of broken or uneven steps, clutter in walkways / on stairs, and poor lighting.

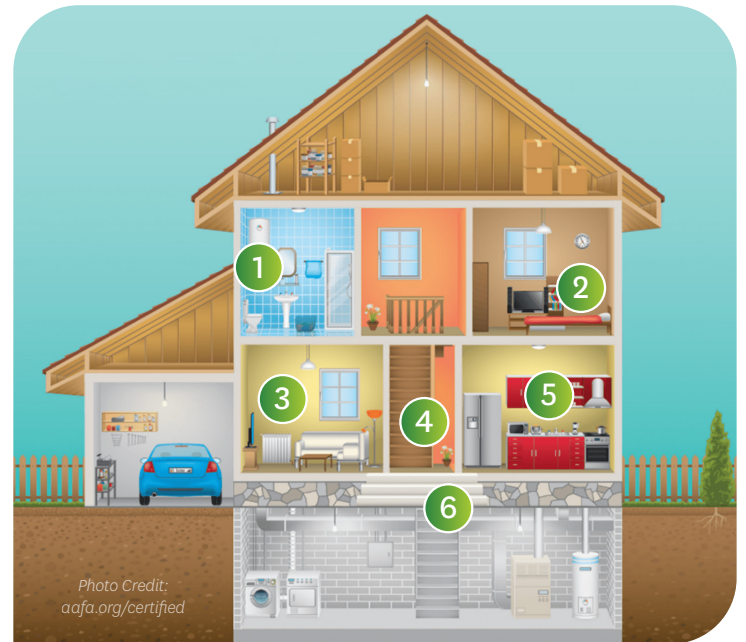


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Reference: Centers for Disease Control and Prevention (2024). Check for Safety.  
Weblink: <https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>

- 5 Keep pots, pans and kitchen utensils that are used often where they can be easily reached. Clean spills up right away. To prevent fatigue or loss of balance, prepare foods sitting down.
- 6 Watch out for uneven sidewalks, broken paths / steps, and icy or slippery walkways.



Complete the safety checklist on the next page...

## **We often move around our homes without thinking of potential hazards that can cause us to fall.**

The following is a check-list of some simple changes you can make to reduce your risk of falling:

### **Floors, stairways, and hallways**

- Make sure you have handrails on both sides of the steps.
- Don't let anything you are carrying block your view of the steps.
- Make sure there is good lighting, especially in hallways and stairways.
- Consider using plug-in motion-activated lights.
- Keep walkways free of clutter.
- Make sure carpets are not loose. Flatten rolled edges.
- Do not use throw rugs.
- Never walk on wet, slippery floors.

### **Bathrooms**

- Make sure there are grab bars in your bathroom near the tub / shower and toilet.
- Use non-skid mats or carpets on all surfaces that may get wet.
- Use a nightlight in the bathroom.

### **Bedrooms**

- Install nightlights and keep the light switches near your bed.
- Keep a flashlight by your bed in case of power outages.
- Keep your phone near your bed.

### **Kitchen**

- Keep pots, pans, and kitchen utensils that are used often where they can be easily reached.
- Clean spills up right away.
- To prevent fatigue or loss of balance, prepare foods sitting down.

### **Outdoor spaces**

- Make sure your outdoor steps are not broken or uneven.
- Use non-slip material on your outdoor stairs.
- Keep your lawn, porch, and deck free of fallen tree branches or other debris.
- Install grab bars near the doors to help you balance while opening your door.
- Make sure to leave the porch light on when going out for the evening.
- In the winter months, keep your walkways free of ice.

### **Other areas in your home**

- Keep walkways free of extension cords.
- Make sure furniture and other objects are not blocking your walkway.
- Make sure you can easily get in and out of your sofa or chair.
- Keep items you use often within reach.
- Don't stand on chairs or tables to reach items that are out of your reach.
- Don't let your cat or dog trip you.
- Keep a list of your emergency numbers near your phone, in your cell phone, or on a card in your wallet / purse.

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