

Preventing Falls at Home: Your Safety Guide

Fundamentals • Safety & Infection Control

Falls are a leading cause of broken bones and head injuries in older adults. Simple changes in your home and daily habits lower your risk.

Make your home safe

- Remove throw rugs, cords, and clutter from where you walk.
- Use night lights from your bed to the bathroom.
- Put grab bars by the toilet and in the tub or shower. Use non-slip mats.
- Have handrails on both sides of the stairs.

Move safely

- Wear sturdy shoes with non-slip soles. Do not walk in socks or loose slippers.
- Sit on the edge of the bed for a moment, then stand up slowly.
- Use your cane or walker every time.

Check your eyes, ears, and medicines

- Get your eyes checked every year. Get your hearing checked.
- Ask your provider to review medicines that make you dizzy or sleepy.
- Ask before using sleep aids such as diphenhydramine (Benadryl, Tylenol PM).

Get stronger

- Do strength and balance exercise, such as tai chi, at least 3 times a week.

If you fall

- Keep a phone or alert button with you at all times.
- Stay still and check for injury.
- Not hurt: roll to your side, crawl to a sturdy chair, and push up slowly.
- Hurt or cannot get up: call for help. Keep warm while you wait.

Call your provider today if you have

- A fall, even if you feel fine
- New pain, bruising, or swelling after a fall
- Dizziness when you stand up
- A small bump on the head, if you do not take a blood thinner

Call 911 or your local emergency number if you have

- A fall and you cannot get up
- Severe pain, or you cannot put weight on a leg
- Hit your head and you take a blood thinner
- Confusion, fainting, a bad headache, or vomiting after a fall

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/fall-prevention-at-home/patient

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