

Fall Prevention Guide - Preventing Slips and Falls in the Home

WebMD Medical Reference

Dangers around the home cause as many as 20,000 deaths, 7 million disabling injuries, and 20 million hospital trips in the U.S. each year, according to the Home Safety Council. And falls are the most common fatal injury in the home -- especially among seniors.

There are numerous safety measures you can take to prevent slips and falls in your home.

- Stairways should have handrails on both sides.
- Remove tripping hazards such as throw rugs, furniture, and clutter from walkways.
- Use non-skid rugs on bathroom floors.
- Use a Shower Chair or Transfer Bench when getting in and out of the bath tub.
- Use a Toilet Safety Frame or Commode.
- Install Grab Bars on both sides of toilets and bathtubs, especially on those used by seniors.

Falls are especially dangerous for seniors. The CDC says more than one-third of adults 65 and older fall each year. And the consequences are great: Seniors suffer 360,000-480,000 fall-related fractures each year; in 2001, more than 11,600 people 65 and older died from fall-related injuries.

Researchers say the risks of seniors falling are greater if they have lower body weakness, problems with walking and balance, or are taking four or more medications. To reduce their risk, seniors should get regular exercise to increase their lower body strength and improve balance. And their doctor or pharmacist should review and revise, if necessary, their medications to reduce side effects and interactions.

To reduce the risk of falling in the home, ActiveForever has researched high quality and affordable items for the home to increase safety and mobility. We carry a multitude of Bath Safety Products, Bedroom Aids, Mobility Aids, specially selected Fall Prevention Devices and much more to help keep your home a safe home.