

Fall Prevention Tips for Seniors



Kind 
Companions

*Providing caring assistance and
companionship in the home and hospital*



Fall Prevention Tips for Seniors

1. Install hand rails with all staircases, whenever possible.
2. Reduce clutter on floor by removing shoes, electrical cords and other safety hazards.
3. Increase lighting throughout home, including night lights in hallways and in or near bathrooms.
4. Wear proper fitting shoes or slippers and avoid flip-flops or open-back shoes.
5. Make sure rugs are tacked down whenever possible or remove them altogether.
6. Have vision checked often; seeing obstacles is the most important tip.
7. Add grab bars or non-slip tub mats or tub chairs.
8. Try to keep frequently used items on shelves that are easily reached and try to limit items on higher shelves.