



**You can help prevent injuries due to falls in the following ways:**

**Make your home is safe from falls.**

- Keep hallways, entrances and other areas free of clutter.
- Repair broken or worn steps and railings.
- Install bright strips of tape on stair edges.
- Install hand and guard rails.
- Improve lighting in areas of your home that are not well lit.
- Use nightlights in hallways or keep a flashlight near the bed.
- Wear non-slip footwear known as gripper socks.
- Wear shoes with good support.
- Avoid throw rugs on the floor.
- Use a stool or ladder to reach items on shelves.
- Use your cane or walker.
- Wipe up spills from the floor right away.
- Use a non-skid bathtub or shower mat.

**Take action to be safer while in the hospital.**

- Let others know if you feel dizzy or have fallen in the past.
- Ask if your medications might affect your senses (hearing or vision).
- Be sure your bed is low enough so your feet can touch the floor.
- Ask for help getting in and out of the hospital bed.
- Use the side rails on your hospital bed.
- Ask for help if you need it.
- Use handrails and grab bars provided in washrooms.

**Take action to reduce your risk of falls.**

- Do daily exercise such as swimming or walking to improve your balance and coordination.
- Speak with your doctor about the best types of exercise for you.
- Talk with your pharmacist if your medications make you sleepy.
- Have your eyes checked regularly.

**Resources**

- MIPS websites: [www.safetoask.ca](http://www.safetoask.ca) and [www.mbips.ca](http://www.mbips.ca).
- *The Safe Living Guide: A Guide to Home Safety for Seniors*. Public Health Agency of Canada. Revised 2008. <http://www.phac-aspc.gc.ca/seniors-aines/alt-formats/pdf/publications/public/injury-blessure/safelive-securite/safelive-securite-eng.pdf>
- Manitoba Seniors Resource Network <http://seniors.cimnet.ca/cim/19.dhtm>

**Learn...to be SAFE.** Go to Manitoba Institute for Patient Safety websites [www.safetoask.ca](http://www.safetoask.ca) and [www.mbips.ca](http://www.mbips.ca).