

# HOME



- **Throw Rugs?**

Throw rugs can throw you. If you use throw rugs, use rugs with rubberized backing.

- **Do you have stairs?**

Keep stairways free of boxes, brooms, tools, etc. to prevent tripping. Make sure stairways with three or more steps have hand rails. Cover steps with a non-slip surface and have adequate lighting that is controllable at both ends.

- **Clutter in your walking space?**

Clutter such as shoes, electrical cords and magazines are a safety hazard. Keep pathways clear.

- **Do you use extension cords?**

Do not use extension cords, if possible. When you do, use only UA approved extension cords making certain that they have adequate wire size for the load that they carry. Keep all cords out from under rugs, doors, and moveable furniture.

- **Dark hallways or stairwells?**

Good lighting can reduce the chance of falling. Consider adding night lights where overhead lighting is lacking. Add bright tape strips to the edge of each stair. Always keep a charged flashlight near your bed for emergencies. A night light in the bathroom can also make night trips to the bathroom safer.



- **Call for Help:**

Keep a telephone, along with emergency phone numbers, on a low table. It will be easier to reach if you fall and can't get up.

- **Keep Warm**

While you are waiting for help, cover up with a blanket, a coat, or even a rug if that's all you can reach.

- **See a Doctor**

If you've fallen 2 or more times in the past 6 months and don't know why, see your doctor. Falling can often be a sign of illness or of problems with the medicine you're using.

**Mitchell Home Medical**

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**Please Note:** This brochure does not include all risk factors for falls. It does, however, provide a starting point. Contact your doctor if you have further questions.



**MITCHELL**  
Home Medical

*Big Enough to Serve You,  
Small Enough to Know You.*



Mitchell Home Medical cares about your Health and Safety.

Please review these fall prevention tips and then make a **"TO DO LIST"** of changes that need to be made to keep you safe in your home. If you find you need help, talk to a family member, friend, neighbor, senior organization or church.



# HOME OXYGEN USE

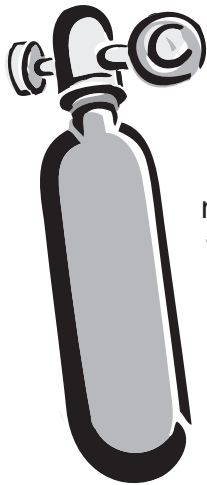
- ***Do you smoke?***

**NEVER SMOKE**, or allow family members and/or visitors to smoke in the presence of oxygen equipment. Never smoke in bed. **Post “Oxygen in Use”/”No Smoking”** signs on all entry doors to your home as a reminder to family members and visitors, but **most importantly so firemen are aware of oxygen in the home in case of a fire.**



- ***Oxygen tubing***

People who use oxygen need to pay special attention to where their tubing is. The long tubing could be a trip hazard not only for you, but also for other family members and visitors. Mitchell Home Medical supplies “green” oxygen tubing which makes it more visible against certain background colors to lessen trip hazards.



# ABILITIES

- ***Reaching overhead?***

Put commonly used things on shelves that are easy to reach. If you must reach overhead, keep a sturdy step stool or ladder handy. Consider a “reacher/grabber” to assist you in reaching smaller items.

- ***Picking up objects from the floor?***

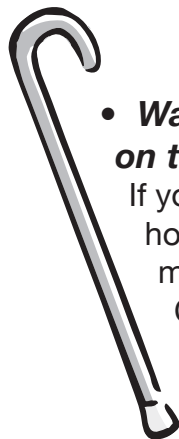
Plan ahead. Move the object closer to something sturdy to hold onto.

- ***Getting in and out of the bathtub?***

Consider adding grab bars to the walls or using a tub seat to assist with bathing. Non-skid tub mats and a hand held shower can also be useful.

- ***Getting in and out of a chair?***

Avoid sitting on low furniture. Chairs with arms make it easier to get up!



- ***Walking without holding on to something?***

If you feel unsteady without holding on to something, you may need a cane or walker. Consult a family member or your doctor to discuss this.



# HEALTH AND SAFETY

- ***Do you take 4 or more medications daily?***

It is important to have all of your medications reviewed at least once a year by your doctor or a pharmacist. Keep a current list of your medications and dosages with you at all times.

- ***Have you or those around you noticed a change in your hearing?***

Dizziness can occur with hearing loss. Set up an appointment to have your hearing checked.



- ***Have those around you noticed a change in your vision?***

Seeing obstacles is the first step in avoiding a fall. Keep your glasses clean. Have your eyes examined once a year.

- ***Do you wear floppy slippers or a long bathrobe?***

Wear well-fitting slippers with non-skid soles. Avoid night clothing that drags on the ground. Keep your robe tied.