

FALLS SAFETY AT HOME

Reduce your risk of
Falling at Home



Toilet

- ✓ Keep toilet and path to toilet well lit
- ✓ Use non-slip mats/surfaces to prevent falls
- ✓ Keep the floor and furniture clean and dry
- ✓ Use grab bars for support
- ✓ Sit on a chair while bathing
- ✓ Let the soap and water drain before moving
- ✓ Use a door lock that can be unlocked from outside in case of emergency

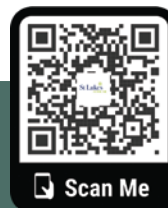


Personal Risk Factors

- ✓ Find out the reason for the frequency of falls
- ✓ Get a vision and hearing screening (prescription for glasses or hearing aid)
- ✓ Certain medications can increase your chance of falling because of side effects such as dizziness, confusion and low blood pressure
- ✓ Check with doctors for treatment of incontinence
- ✓ Wear well-fitting shoes



Use this questionnaire to learn more about falls prevention tips and find out if you or your loved ones are at risk of falling tinyurl.com/SLECFallrisk



Visit our falls prevention page to view our falls prevention video and info sheets tinyurl.com/SLECFallprev



Bed of appropriate height



Bedroom

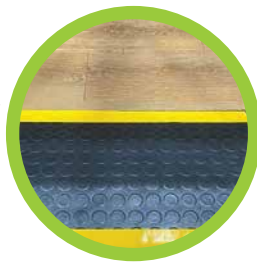
- ✓ Lamps/light switches are located close to the bed
- ✓ Remove obstructions and loose items on the floor
- ✓ Use bed of an appropriate height with a firm mattress

Kitchen

- ✓ Arrange all commonly used items within reach
- ✓ Use appliances with thermostats, timers, signal lights and buzzers, to alert the user
- ✓ Use countertop lighting for cutting and cooking
- ✓ Use hobs that are equipped with a safety system that automatically shuts off the gas supply when the flame goes out.
- ✓ Use a chair of appropriate height
- ✓ Keep the floor dry at all times

Entrance

- ✓ Clear walkway or corridor
- ✓ Use handrails/grab bars
- ✓ Install ramps if applicable
- ✓ Highlight kerbs with tapes

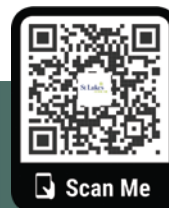


Living Room

- ✓ Have a spacious walkway: Rearrange furniture, remove obstructions and loose items on the floor
- ✓ Chairs: comfortable height with back supports, armrests and firm cushions.
- ✓ Bright and well lit
- ✓ Use cordless telephone



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在家 防止摔倒

降低在家中 跌倒的风险



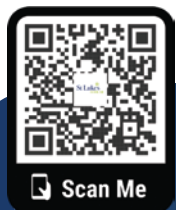
洗手间

- ✓ 保持厕所和通往厕所的路径光线充足
- ✓ 使用防滑垫防止跌倒
- ✓ 保持地板和家具清洁干燥
- ✓ 使用扶手作为支撑
- ✓ 洗澡时坐在椅子上
- ✓ 移动前让肥皂和水排干
- ✓ 使用可以在紧急情况下从外面解锁的门锁

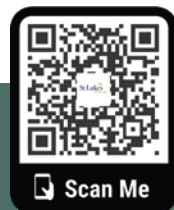


个人风险因素

- ✓ 找出跌倒频率的原因
- ✓ 进行视力和听力筛查(眼镜或助听器处方)
- ✓ 某些药物的副作用会导致头晕、精神错乱和低血压等，会增加您跌倒的机会
- ✓ 咨询医生关于尿失禁的治疗
- ✓ 穿合脚的鞋子



要知道自己或亲人有跌倒风险，
请使用此问卷
tinyurl.com/SLECFallrisk



请上我们防止跌倒网页
详细了解更多的资讯
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合适高度的床



卧室

- ✓ 灯/电灯开关的位置应该靠近床边
- ✓ 清除地板上的障碍物和松散物品
- ✓ 使用适当高度的床和坚固的床垫

厨房

- ✓ 将经常使用的物品放在可以随时触摸到的地方
- ✓ 使用带有恒温器、定时器、信号灯和蜂鸣器的电器，以提醒用户
- ✓ 使用台面照明灯进行切割和烹饪
- ✓ 使用配备安全系统的炉灶，当火焰熄灭时，该系统会自动关闭煤气供应
- ✓ 使用适当高度的椅子
- ✓ 始终保持地板干燥



入口

- ✓ 疏通走道或走廊
- ✓ 使用把手/扶手
- ✓ 如有必要请安装坡道
- ✓ 用高亮胶带贴在路缘上

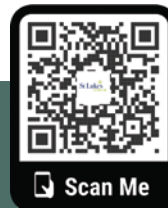


客厅

- ✓ 保持宽敞的走道：重新布置家具，清除地板上的障碍物和松散物品
- ✓ 椅子：舒适的高度，带有靠背、扶手和坚固的靠垫
- ✓ 明亮且光线充足
- ✓ 使用无线电话



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