



Fall-Free Friday

“Home Safety-Kitchen, Stairs, and
Laundry Room”

October
19th,
2023

1:00 P.M

AAA7
Facebook
Live

Approximately 60% of all falls happen inside the home (National Council on Aging, 2023).

Falls can happen at any area of the home, but there are things that can be done to reduce the risk factors

Tips to reduce fall risk on the stairs and in the kitchen and laundry room:

- Keep the floor clear of any hazards- shoes, decor, clutter, pet bowls, wires, etc (Centers for Disease Control and Prevention [CDC], 2018).





- Make sure all areas have adequate lighting to see clearly and avoid obstacles. Motion sensor lights are a great way to implement this (Daily Care, 2014).
- Take rest breaks and give yourself enough time to complete tasks! (PACE, n.d.)
- Avoid rugs or secure them (Mayo Clinic, 2022)
- Clean up spills immediately (National Institute on Aging [NIA], 2022).
- Use a front loading washer/dryer to reduce reaching and straining (A.J.A. & More, 2020)
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- Keep commonly used ingredients, cleaning supplies, and items at waist level (NIA, 2022)
- Use a reacher or a step stool with handrails to retrieve items that are out of reach (Curtis, 2021)
- Use a rolling hamper or cart to keep your hands free of large loads and carry things around the house (Hells, 2016)
- Use a rolling hamper or cart to keep your hands free of large loads and carry things around the house (Hells, 2016)
- Put handrails on both sides of the stairs (Maynard & Brogmus, 2007)

You Can Prevent Falls!

Tune In to Fall-Free Fridays

