



Fall Free Friday

Home Safety – Kitchens, Stairs, and Laundry

**November 13th
2020**

10:00 AM

**AAA7 FB
LIVE**

Falls can happen anywhere in the home, but multiple factors involving these three areas can create higher risk for falls

TIPS TO PREVENT FALLS at HOME KITCHEN, STAIRS, & LAUNDRY

When working in both kitchen and laundry areas keep a clean, open space to move around without risk of slipping or tripping

Avoid rugs - they make slips, trips, and falls more likely

Reaching out of your comfort zone (overhead or very low) can increase risk of falling

Keep frequently used items on lower shelves or on counter

Use a reacher or sturdy stepstool with rails if needed



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Reduce risk of falling in the kitchen and when doing laundry by sitting when doing tasks that take time or require more muscle use such as washing dishes, cooking, or folding laundry

Make sure stairs and landings are clear to reduce risk of tripping

Stairs should have a secure non-slip surface

Make sure the carpeting on carpeted stairs is not loose

Secure handrails along both sides of your stairs are advised

Using front-loading washer/dryer instead of top-loading units to reduce reaching, lifting, and straining

Use rolling hampers/baskets to carry clothing around the house

Good lighting is beneficial in all areas to help you see the area and minimize your risk of tripping or falling

References

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