



TCO Bone Health Program Fall Proof Your Home

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90% of fractures related to weak bones are because of a fall. If you don't fall, you most likely won't fracture!

Here are some tips on how to prevent falls in different areas of your house.

AROUND THE HOUSE

- Place items you use every day within easy reach
- Use long-handled grasping devices to pick things off the floor
- Consider getting a personal emergency response system that can call for help if you can't reach your phone

BEDROOM

- Have a light next to the bed that you can easily turn on at night if you need to get up
- Keep a phone near your bed

FLOORS

- Remove loose wires, cords, and throw rugs that could cause you to trip
- Keep floors free of piles and clutter
- Make sure all carpets and area rugs have skid-proof backing or are tacked down to the floor
- Keep furniture in its usual place

BATHROOMS

- Install grab bars on bathroom walls besides the tub, shower, and toilet
- Use a non-skid rubber mat in the shower or tub
- Consider a plastic shower chair with a back and non-skid legs in the shower or tub
- Switch to a handheld showerhead to bathe
- Use nightlights

KITCHEN

- Use non-skid mats or rugs on the floor near your stove and sink
- Clean up spills as soon as they happen

STAIRS

- Keep stairwells well lit, with light switches at the top and bottom
- Install sturdy handrails on both sides
- Consider marking the top and bottom stair with brightly colored tape

OTHER TIPS TO PREVENT FALLS

- Be careful about drinking alcohol. It may cause confusion, dizziness, or disorientation. Alcohol also can increase bone loss.
- Slow down. Accidents happen when you rush.
- Wear appropriate, properly-fitting footwear both inside and out.
- Have your vision checked once a year to make sure your glasses are the right prescription for you.

What are some things you can do in your home to keep you from falling?

1. _____
2. _____
3. _____
4. _____