

# **E**NVIRONMENTAL AREA OR FACTORS

## **Prevention of Falls**

### **OBJECTIVE AND RECOMMENDATIONS**

<b>All areas Lighting</b>	Absence of glare and shadows; accessible switches at room entrances; night light in bedroom, hall, bathroom
Floors	Nonskid backing for throw rugs; carpet edges tacked down; carpets with shallow pile; nonskid wax on floors; cords out of walking path; small objects (e.g. clothes, shoes) off floor
Stairs	Lighting sufficient, with switches at top and bottom stairs; securely fastened bilateral handrails that stand out from wall; top and bottom steps marked with bright, contrasting tape; stair rises of no more than 6 in.; steps in good repair; no objects stored on steps
Kitchen	Items stored so that reaching up and bending over are not necessary; secure step stool available if climbing is necessary; firm, nonmovable table
Bathroom	Grab bars for tub, shower, and toilet; nonskid decals or rubber mat in tub or shower; shower chair with hand held shower; nonskid rugs; raised toilet seat; door-locks removed to ensure access in an emergency
Yard and entrances	Repair of cracks in pavement, holes in lawn; removal of rocks, tools, and other tripping hazards; well-lit walkways, free of ice and wet leaves; stairs and steps as above
Institutions	All the above; bed at proper height (not too high or low); spills on floor cleaned up promptly; appropriate use of walking aids and wheelchairs
Footwear	Shoes with firm, nonskid, nonfriction soles; low heels (unless person is accustomed to high heels); avoidance of walking in stocking feet or loose slippers

\*For details, see Tideiksaar(sup 30) and U.S. Consumer Product Safety Commission. (sup 31)