

Proper Lighting

1 Install proper lighting throughout your home and use night lights.

2 Always turn on lights before entering a room at night.

3 Make sure indoor and outdoor walkways are well lit at night.

4 Place bright contrasting tape on the top and bottom of stairways.



Questions?

If you have any questions, please contact your doctor who can provide you with a referral to any of the following services:

Physiotherapy
Occupational Therapy
Registered Dietician

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Bermuda Hospitals Board

Outpatient Falls Prevention

Reducing Your Risk of Slips, Trips and Falls at Home



**BERMUDA
HOSPITALS
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TIPS TO PREVENT SLIPS, TRIPS AND FALLS

General Tips

- 1** Do not get up too quickly after sitting or lying down.
- 2** Proper nutrition and hydration are essential to prevent dizziness.
- 3** Exercise regularly and limit your alcohol intake.
- 4** Address all new medical problems immediately with your doctor.
- 5** Take medications as prescribed. Be aware of side effects and adhere to warnings.
- 6** Ask your doctor if any of your medications could affect your balance.
- 7** Use a cane, walker or other walking aid as instructed by the healthcare professional.

Avoiding slips, trips and falls will help you maintain your health and wellness!

General Tips

- 8** Have your vision checked regularly and wear your glasses as needed.
- 9** Install non-slip strips or mats in the bathtub or shower. Install handrails and grab bars throughout your home.
- 10** Do not make quick moves. Avoid rushing to the telephone or the door.
- 11** Be alert to possible hazards in unfamiliar environments.
- 12** Be alert to toddlers and pets that can move quickly around your feet.
- 13** Use caution when entering and exiting an elevator.
- 14** Take care of your feet.

Use the advice in this brochure to stay safe, healthy and active for as long as possible!

Walkways

- 1** Wear closed-in, supportive, rubber-soled shoes while walking.
- 2** Take extra care when walking on wet or uneven surfaces.
- 3** Avoid walking in socks or stockings on marble and tiled floors.
- 4** Clean up floor spills immediately.
- 5** Remove scatter rugs and clutter from walkways in and around your home.
- 6** Be careful when walking around corners and on curbs.
- 7** Stay on designated paths and avoid taking shortcuts to your destination.

Bermuda Hospitals Board is your patient safety partner!