

Finding Our Balance

PREVENT SLIPS, TRIPS & STUMBLES

Falls can cause Traumatic Brain Injury.
Identify and remove hazards at home that increase the risk of falls.

Shoes

- Wear comfortable, non-slip, close-toed, low-heeled supportive shoes that can be securely fastened.

Floors

- Remove throw rugs and secure loose carpets.
- Keep walkways clear of clutter.
- Tape cords and wires next to the wall.

Lighting

- Install motion-activated and/or night lights throughout the house to adequately light all walkways, halls and stairways.
- Lamps and light switches should be easy to reach.

Steps and Stairways

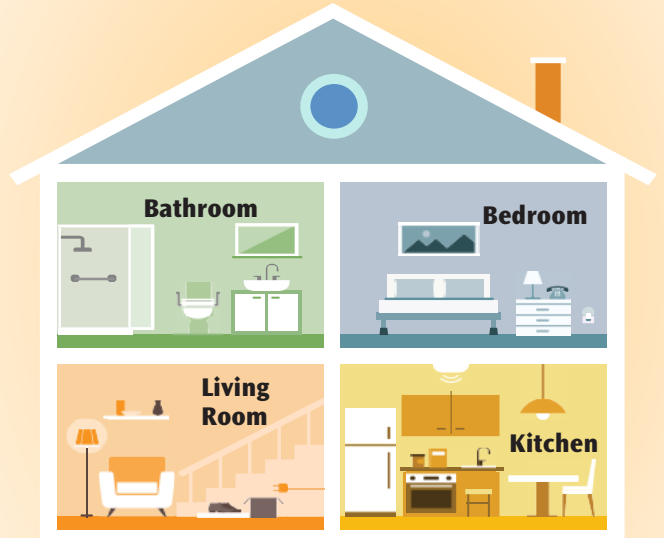
- Fix loose handrails or have new ones installed on both sides of the stairs.
- Fix loose or uneven steps.
- Make sure stairways have good lighting.
- Place light switches at the top and bottom of the stairs.
- Keep stairs free of clutter.
- Paint the top edge of steps a contrasting color to make them easier to see.

Living Room / Bedroom / Kitchen

- Use furniture that is easy to get in and out of (knee height or higher).
- Rearrange rooms to create clear walking spaces.
- Keep frequently used items within easy reach.
- Keep phone and flashlight/lamp on bedside table for easy access.
- Keep the floor clear from bedding on all sides.

Bathroom

- Place a non-skid rug in front of your tub or shower.
- Install wall bars inside the shower or tub and next to the toilet.
- Use a shower chair and a handheld shower-head.
- Use a nonskid bathmat or adhesive strips in the tub or shower.
- Install night lights.



Scan this QR code
to learn more. ↓



More information:

- [Traumatic Brain Injury Resources WA](#)
- [Community Living Connections](#)
- [Older Adult Falls | WA DOH](#)
- [Stand Strong WA | Seniors Fall Prevention](#)

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