

## Hazards Checklist

**Throw rugs can throw you!** Use only rugs with non-skid backing, Smooth out wrinkles and folds in carpet

**Tread Carefully** Wear sturdy shoes (Well fitted, Low heel, Non-slip soles) Don't walk barefoot or just in socks, Be careful of waxed or wet floors, Remove raised doorway thresholds

**In the Bathroom,** Use non-slip mats in bathtub & shower, Install grab bars next to bathtub, shower and toilet, Use elevated toilet seat if needed

**In the Kitchen,** Keep frequently used items on lower shelf, Never stand on a chair to reach items, Use sturdy step stool, Wipe up spills immediately, Keep cupboards closed

**In the Bedroom,** No rugs next to your bed, Keep a lamp close to your bed, Have a phone next to your bed, Keep proper footwear near bed, Make sure bed is proper height, Use a bedside commode if needed

**On Stairways,** Keep free of clutter, Move slowly and carefully, Install handrails on both sides of stairs, Apply brightly colored tape to top and bottom steps, Apply safety strips to each step

**Outdoor Areas,** Keep clear of ice and snow, Ask for help with shoveling, Make sure sidewalks and driveway are level and free of cracks, Use care when doing yard work

## Why Do People Fall?

- Physical Problems
- Medications
- Alcohol consumption
  - Hazards
  - Poor lighting

## Personal Risk Factors

- History of falls
- Medication effects
- Health History

## Safety Equipment Check

- Smoke detector
- CO detectors
- Fire Extinguishers



## Why Fall

### Prevention Education?

"Falls in older persons are a major risk factor threatening the independence of the individual. Falls usually occur when impairments in multiple areas compromise the ability of the person to compensate for imbalance or a 'trip.'"

Dr. James E. Surdy., M.D. Internal Medicine,  
Owatonna Clinic - Mayo Health System



## Reasons for the Fall Prevention Coalition's Development

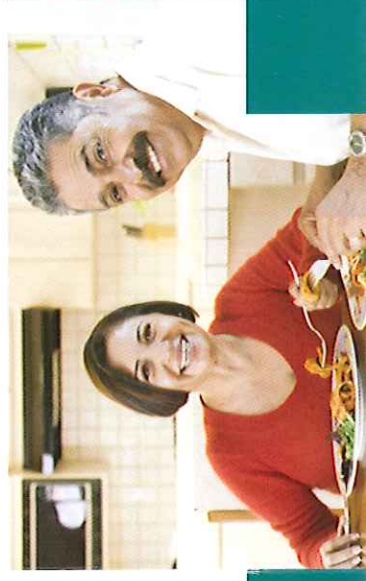
- Primary goal is to work toward keeping people in their own home and preventing falls
- Resource for victims of falls and their families
- Provide resources for in home services
- Provide in-home assessments
- Provide a network of support systems for victims of falls

"Instituting a risk factor/intervention program may help decrease the risk of falls. This may include a home hazard assessment as well as an exercise program combining exercises for muscle strengthening and balance."

Dr. James E. Surdy., M.D. Internal Medicine,  
Owatonna Clinic - Mayo Health System

## Coalition Mission Statement

*Provide a network of services for citizens over 60 years of age to help decrease the number of falls and severity of falls in order to maintain independence in their home.*



Learn more at

[www.hsscprogram.org](http://www.hsscprogram.org)

## Why Prevent Falls in Steele County?

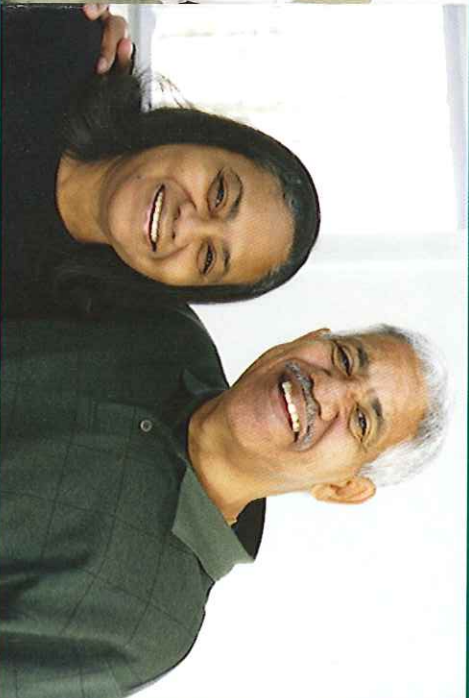
- Leading cause of death due to unintended injury\*
- 20-30% of adults who fall suffer moderate to severe injuries such as hip fractures and head injuries\*
- Falls increase the risk of premature death\*
- Most falls occur in the home\*
- Falls increase overall medical costs\*

Source: \* Minnesota Department of Health



## Coalition Members

Healthy Seniors of Steele County  
Volunteers in Public Service  
Steele County Human Services  
Owatonna Police Department  
Allina Hospital  
Steele County Public Health  
Gold Cross  
South Country Health Alliance  
Steele County Sheriff's Department  
Ellendale Fire Department  
Owatonna Clinic - Mayo Health System  
Medford Fire Department  
Blooming Prairie Police Department



Healthy Seniors of Steele County  
(507) 977-2566

**FREE Home Inspections**  
and other free services for Seniors 60  
and over residing in Steele County

Learn more at

[www.hsscprogram.org](http://www.hsscprogram.org)

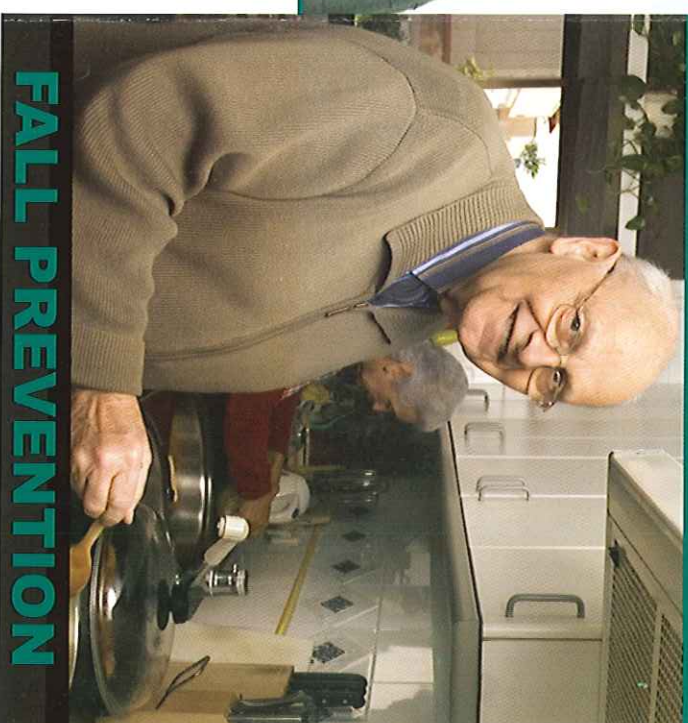
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- Pain and suffering
- Mental anguish for patient and family
- Many days in the hospital
- More time in rehabilitation or Nursing Home
- Time away from home and family
- Loss of independence
- Loss of life – 50% of people hospitalized after a fall, do not recover

# LIVE SAFE IN YOUR HOME!



## FALL PREVENTION

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**HEALTH ALLIANCE**