



Before You Fall: *Tips for Preventing Falls in the Home*

Your home may be your haven, your castle, and your favorite place in the world. It can also be safe for you after your amputation, if you look around and follow these tips to keep from falling:

- Remove throw rugs and secure large area rugs with carpet tape or tacks.
- Rearrange furniture to allow enough room to navigate.
- Position heavy furniture so that there is something to grab if you begin to fall.
- Leave a light on at night.
- Wipe spills immediately.
- Reduce clutter.
- If thresholds cause problems, have them lowered or removed.
- Move any furniture that has sharp edges away from main pathways.
- Use a shower chair with arms.
- Have handrails and grab bars installed in bathrooms.
- Use nonskid strips or mats for inclines, stairs, tubs and showers.
- Adjust doors with automatic closures so that they do not bump you from behind.
- Move telephone and extension cords from the traffic areas.

Other things you can do to prevent falls include:

- Exercise regularly to increase your strength and improve your balance.
- Review your medications with your doctor or pharmacist; some medications can make you dizzy or sleepy or affect your balance.
- Have your vision checked every year.
- Rise slowly after sitting or lying down.