

# Home Healthcare

## Prevent Lifting Injuries by Preventing Patient Falls

Falls are common among older adults and cause the most injury-related hospitalizations and fatalities for Americans over 65. Lifting and moving patients is the number one cause of injury to home healthcare workers, so helping a patient who has fallen puts home healthcare workers at increased risk for injury. Use the tips below to help prevent falls in patient homes.

**FLOORS**

- Use nonskid rugs.
- Coil or tape extension cords and wires.
- Keep pathways clear of excessive furniture.

Keep floors clear of items that you can trip on (shoes, clothing, books, etc.).

**STAIRS**

- Fix loose or uneven steps.
- Install lights and handrails on both sides.
- Attach nonslip rubber tread to steps.

**BEDROOM**

- Ensure lamps are easy to reach.
- Plug in and use nightlights.
- If needed, install a phone on the floor in case of an emergency.

**KITCHEN**

- Keep items you use a lot in easy-to-reach places.
- Never use a chair as a step stool.

**BATHROOM**

- Install grab bars next to toilets and inside showers.
- Use nonslip mats.
- Consider using a shower chair.

If a patient falls, please call \_\_\_\_\_ at (\_\_\_\_) \_\_\_\_-\_\_\_\_.