



# Fall Free Friday

*Home Safety – Kitchens, Stairs, and Laundry*

**October  
21<sup>st</sup> 2022**

**10:00 AM**

**AAA7 FB  
LIVE**

Being educated on ways to prevent falls can contribute to living a safe and healthy lifestyle within your home!

## **TIPS TO PREVENT FALLS at HOME KITCHEN, STAIRS, & LAUNDRY:**

### **Kitchen:**

- Keep items used most often at a height between the waist and shoulders- Limits excessive stretching/ bending
- Remember to close cabinet doors to avoid tripping!
- Avoid rugs- they create an unlevel walking surface.
- Avoid clutter on floor/ walkways.



## ***Home Safety – Kitchens, Stairs, and Laundry***

### **Stairs:**

- ◆ Make sure walking areas are well lit.
- ◆ Add contrasting tape or tread to steps
- ◆ Add railings on both sides of the stairs at elbow height.
- ◆ Hardwood/ tile increases the chances of a fall.

### **Laundry:**

- ◆ Front load washer and dryers on a pedestal are the most ideal for preventing falls and conserving energy.
- ◆ Easy access to detergent to limit excessive stretching or bending
- ◆ Be sure to wipe up water or detergent spills!
- ◆ **Energy conservation:** Energy conservation may improve safety and reduce the risk of energy.
  - Rolling hampers
  - Sitting to fold clothes
  - Transfer clothes from washer to dryer a few items at a time
  - Take breaks between laundry loads

### **References**

- ◆ Hall, C. A. (2013). *Occupational therapy toolkit*. (7th ed.). Hallen House Publishing.
- ◆ Neurological Solutions. (2016). *Six top ways to avoid falls in the kitchen*. <http://neurologicalsolutions.org/six-top-ways-avoid-falls-kitchen/>
- ◆ Somerville, E., Smallfield, S., Stark, S., Seibert, C., Arbesman, M., & Lieberman, D. (2016). Occupational therapy home modification assessment and intervention. *The American Journal of Occupational Therapy*, 70(5). <https://doi.org/10.5014/ajot.2016.705002>