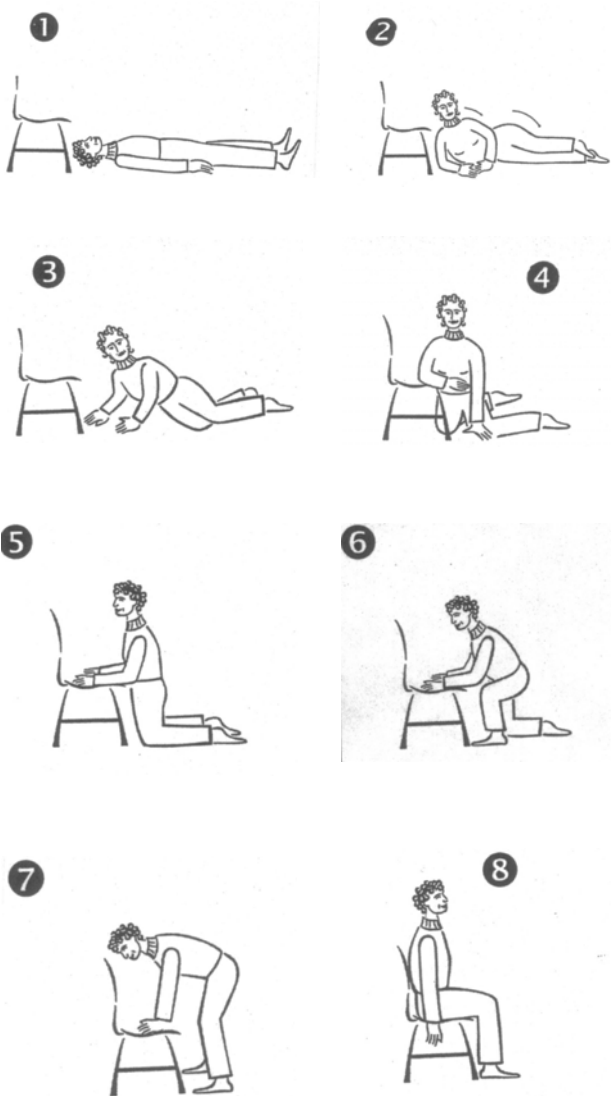


In case of fall

## How to raise yourself up from the ground



For more information, please contact the CLSC nurse in Cap-aux-Meules at

**418 986-2572.**

Pamphlet provided by the Fall Prevention Committee of the CISSS des Îles, in collaboration with



♥ Centre d'action bénévole



♥ Corporation de services d'aide à domicile L'Essentiel

Centre intégré de santé et de services sociaux des Îles

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\* Inspired of « Prévenir les chutes à domicile » from CLSC de la région de Lanaudière.

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Centre intégré de santé et de services sociaux des Îles

Québec 

# HOW TO PREVENT FALLS AT HOME....

## How not to fall next to the problem?



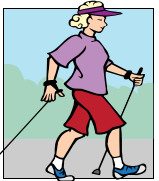
**Together we work for those we love!**

\*Draw from Programme P.I.E.D., édition 2002, Direction de santé publique de Montréal-Centre

## Falls do not just happen to others

### Safety is a question of ... *attitude and behaviour*

- ⇒ Get up slowly from a bed or a seat.
- ⇒ Avoid rushing to answer the phone or the door.
- ⇒ Wear shoes with non-slip soles with a solid bottom and proper height.
- ⇒ Avoid wearing pants that are too long or too wide at the bottom.
- ⇒ Clean without delay all water, grease or food spills on the floor.
- ⇒ Avoid carrying heavy objects or objects that may hide your view.
- ⇒ Use a solid stool with a non-slip surface.



⇒ Take medications as prescribed and know their side effects.

⇒ Exercise regularly and eat healthier.



⇒ Have a cordless telephone and a pocket lamp at your reach

⇒ Register all emergency numbers in your telephone

### Safety is a question of ... *having safety precautions in our home*

- Good lighting in all rooms and hallways, the stairs, as well as the doorstep and the balcony.
- Nightlight in the bedroom and also in the hallway closest to the bathroom.
- Hands solidly gripped on hand railing while climbing up or down the stairs. Hand railing must be longer than the stairs.
- Switch for light in the entrance of each room and at the bottom and top of the stairs.
- Do not leave objects on the steps and make sure your pathway is clear.
- All Steps must be the same height and depth and contrast colors should be placed on the first and the last steps.
- Exterior steps and balcony should be finished with a non-slip surface.
- Rugs well fixed to the floor.
- Items placed at appropriate heights, especially in the kitchen and in closets. Place shelves, baskets at adequate reach.
- Cordless phone at your reach.

### Safety is a question of ... *Having precautions in our home*



- Solid stool within your reach.
- Firm mattress and (Armchair, sofa) should be at a good height (just above the knees).
- Telephones, lamps and alarm clocks should be placed on the night table within your reach or close to your sleeping area.
- In the bedroom, have a chair to sit on while dressing.
- Electric and telephone wires well fixed to the ground.
- Easy access to the windows.
- Handle bars close to the toilet, and on the interior and exterior of the bathtub wall.
- Use a hand-held shower.
- Rugs or non-slip surface mats should be placed in the bath, at the far end and at the exit of the bathtub.
- Use Shower bench and elevated toilet seats according to your needs.



#### **For those living alone**

Ask someone to call or visit on a regular daily basis or to oversee the installation of an emergency warning device to be connected to your telephone.

