



ENT FALL PREVENTION INSTRUCTION

1. Use prescribed walking aid at all times.
2. Move through positional transitions slowly to avoid imbalance.
3. Use elevators instead of stairs or ramps, if possible.
4. Use handrails whenever possible if stairs or ramps must be used.
5. Avoid sitting in low, overstuffed chairs if you have difficulty standing up. When standing up, scoot your hips to the edge of the chair prior to rising.
6. Wear low-heeled laced shoes with a firm sole (no slippers).
7. Home modifications:
 - A) Always keep a light on. Turn a light on prior to entering any dark room.
 - B) Keep electrical cords and small objects out of walking paths.
 - C) Remove throw rugs.
 - D) Keep frequently used items in the kitchen and bathroom within easy reach, preferably on eye-level shelves.
 - E) Use nonskid decals or a rubber mat inn the bathtub and shower.
 - F) Install grab bars in the bathtub and shower, if needed.
8. If rapid head movements cause imbalance, do not drive.