











April 2017

SLIPS, TRIPS, AND FALLS

Slips, trips and falls are a leading type of accidents in a home healthcare industry. A fall can occur anywhere, but the bathroom is particularly troublesome. Because clients have to visit the bathroom with higher frequency, the bathroom needs special safety attention in order to prevent falls.

Bathroom Checklist:

-  **LIGHTING:** Bright, daylight bulbs are helpful in the bathroom for visibility. Nightlights are helpful in the bathroom so you can get there at night to turn on the main lights.
-  **RUGS:** Remove rugs from the floor it is bath or shower time. Rugs are a common cause of trips. However, they are useful to prevent falls when wet and coming out of the shower.
-  **MATS:** Anti slip shower mats inside the shower helps clients prevent falling in the shower.
-  **GRAB HANDLES:** Grab handles can be helpful in falls control. Grab handles are helpful around the toilet, bath and shower.
-  **TOILET:** Taller toilet. Having a high toilet is helpful to clients to balance when getting off and on the toilet.
-  **HOUSEKEEPING:** Housekeeping is important in the bathroom, too! The bathroom should be clean and clear. Remove any cords from the floor.
-  **SHOWER CHAIR:** Shower chair/stool. Having a chair for the client in the shower or bath is a fall prevention tool.
-  **SPILL KIT:** Spill kits should be kept in the bathroom to clean up liquids.
-  **SHOES:** Anti slip shoes should be worn by workers.
-  As always, if you have concerns about a situation or have suggestions, please talk to your supervisor.

