Caregivers Falls Prevention
Home Safety

Did you know that most falls happen at home? After a long day of caring for others, it is important that you ensure your home is set up for safety. There are many things that you can do to make your home safer and more accessible to prevent falls. Some things you will want to do to improve safety at home are:

- reduce clutter
- improve lighting
- watch for pets underfoot

In addition, many of our homes and apartments have throw or scatter rugs or mats. Throw rugs are a very common fall hazard and should be used with care. Throw rugs often bunch up, which can cause you to lose your balance and fall. If you need a rug or mat in your home, you can reduce your risk by making sure the mat doesn't have corners or edges that are turned up.

The best mats to have in your house or apartment are heavy-backed rubber bottoms so that the mat can stay in place. Studies show that falls due to throw rugs can cause severe injury, it is best to reduce your risk by getting rid of throw rugs.

You can learn more about the hazards that may be in your home and what you can do at https://fallsfreewi.org/prevent-falls/surround/,

Including a printable Home Safety Checklist and an Interactive Home Safety Challenge to learn more about things in your home that may lead to falls and ways to prevent them. After a long day caring for others, it is important that you work and live in a safe home to prevent falls!

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