

# Proper Lighting



**Bermuda Hospitals Board**

CARING FOR OUR COMMUNITY

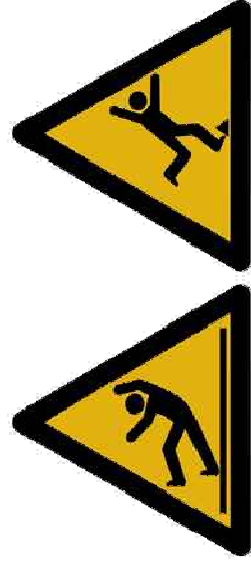
- 1** Install proper lighting throughout your home and use night lights.
- 2** Always turn on lights before entering a room at night.
- 3** Make sure indoor and outdoor walkways are well lit at night.
- 4** Place bright contrasting tape on the top and bottom of stairways.

## Questions?

If you have any questions, please contact your doctor who can provide you with a referral to any of the following services:

Physiotherapy  
Occupational Therapy  
Registered Dietician

## Reducing Your Risk of Slips, Trips and Falls at Home



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# TIPS TO PREVENT SLIPS, TRIPS AND FALLS

## General Tips

- 1 Do not get up too quickly after sitting or lying down.
- 2 Proper nutrition and hydration are essential to prevent dizziness.
- 3 Exercise regularly and limit your alcohol intake.
- 4 Address all new medical problems immediately with your doctor.
- 5 Take medications as prescribed. Be aware of side effects and adhere to warnings.
- 6 Ask your doctor if any of your medications could affect your balance.
- 7 Use a cane, walker or other walking aid as instructed by the healthcare professional.

Avoiding slips, trips and falls will help you maintain your health and wellness!

## General Tips

- 8 Have your vision checked regularly and wear your glasses as needed.
- 9 Install non-slip strips or mats in the bathtub or shower. Install handrails and grab bars throughout your home.
- 10 Do not make quick moves. Avoid rushing to the telephone or the door.
- 11 Be alert to possible hazards in unfamiliar environments.
- 12 Be alert to toddlers and pets that can move quickly around your feet.
- 13 Use caution when entering and exiting an elevator.
- 14 Take care of your feet.

Use the advice in this brochure to stay safe, healthy and active for as long as possible!

## Walkways

- 1 Wear closed-in, supportive, rubber-soled shoes while walking.
- 2 Take extra care when walking on wet or uneven surfaces.
- 3 Avoid walking in socks or stockings on marble and tiled floors.
- 4 Clean up floor spills immediately.
- 5 Remove scatter rugs and clutter from walkways in and around your home.
- 6 Be careful when walking around corners and on curbs.
- 7 Stay on designated paths and avoid taking shortcuts to your destination.

Bermuda Hospitals Board is your patient safety partner!