



Santé Seins & Os
Breast & Bone Health

Get Started with Safety at Home!

Prevent bone fractures by preventing falls. Preventing falls at home is an important step toward protecting your bones. Use this list to get ideas on how you can make your home safer. A few small adjustments can make a big difference!

Bathroom

- Use non-slip surfaces to the tub or shower
- Use a non-slip foot towel
- If you feel unsteady, install grab bars by the toilet and bath. These bars will help you sit and stand
- Wipe up moisture or spills as soon as you can

Living room & Bedroom

- Reduce clutter like wires and cords; run wires and cords along the walls
- Make a clear path between the bedroom and bathroom
- Install proper lighting and use night lights
- Ensure carpets and rugs are non-slip; install a non-slip layer under carpets and rugs

Kitchen

- Store heavier items in lower cupboards
- Store frequently used items in easy-to-reach cupboards or shelves
- Use a stable step stool to reach higher cupboards
- Wipe up spills as soon as you can

Stairs

- Make sure handrails are secure
- Install lighting above stairs
- If you wear reading glasses, remove them before using the stairs
- Don't walk down stairs while distracted doing other things (example: texting or talking on the phone)

Outside the house

- Keep front steps or door clear of snow or ice; ask for help when you need it
- Install lighting above front door
- Store tools, such as gardening tools or snow shovels, away from the front door or walkway

For more information

This guide has information adapted from a Public Health Agency of Canada (PHAC) publication on home safety. For more detailed information, visit the PHAC website (www.phac-aspc.gc.ca). To find information on home safety, type 'safe living guide' into the search box on the PHAC website home page.

Disclaimer: This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

www.breastandbonehealth.ca

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