

universal design solutions, inc.

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Fall Prevention Checklist

HealthCraft Products Inc. is a leading manufacturer of transfer support products designed to provide solid support, while reducing the potential for falls. We have compiled the following information to help educate dealers, therapists, caregivers, and end users on fall prevention.

Universal Design Solutions, Inc is a proud dealer of Healthcraft products. For additional information on our bundles or individual products please contact our office for a product and needs overview or for Environmental Modifications services information. (904) 246-7732.



- Wear clothes that will not interfere with walking and transferring; ie: long gowns are a hazard.

- Wear properly fitted, low-heeled, non-slip footwear for walking and transferring.

- Keep your pathways and steps free of ice, snow, newspapers and leaves.

- Keep your place of residence clutter-free.

- Make sure all areas of the home are properly lit, including hallways and stairways.

- Keep floors dry, wiping up any spills immediately.

- Remove all area rugs.

- Keep all electrical wires and telephone cords secured safely out of pathways.

- Have regular eyesight check-ups, and adjust your eyewear accordingly.

- Engage in a doctor approved exercise program to increase strength and general mobility; normal aging brings with it changes that can affect your balance and walking.

- Ensure your doctor and pharmacist are aware of all your medications, including non-prescription and herbal remedies as they can have interactions or side-effects which affect mobility and walking.

- Be aware that some medications can affect your blood pressure.

- When moving to a standing position from a lying position, it is important to rest in a sitting position, and again in a supported standing position prior to walking. This gives your blood pressure a chance to stabilize.

- Have frequently used items stored in easily accessible places, to avoid reaching and climbing.

- Ask for assistance with heavy work.

- Proper placement / installation and use of support products will increase safety and independence.

**** Call us today for information and pricing on Home Safety products and Medical Equipment ****

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