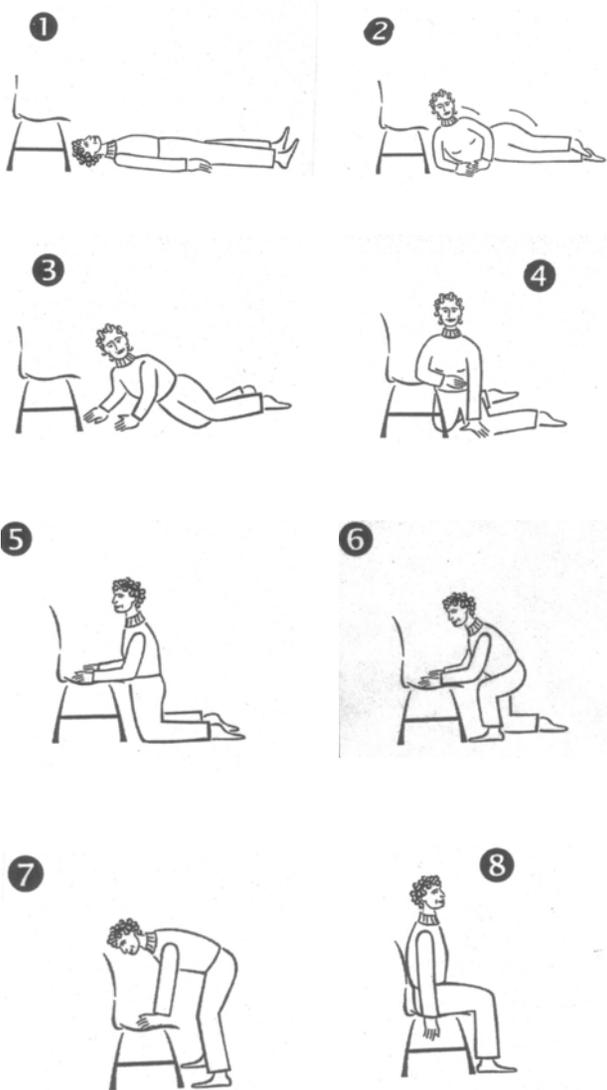


In case of fall

How to raise yourself up from the ground



For more information, please contact the CLSC nurse in Cap-aux-Meules at

418 986-2572.

Pamphlet provided by the Fall Prevention Committee of the CISSS des Îles, in collaboration with



♥ Centre d'action bénévole



♥ Corporation de services d'aide à domicile L'Essentiel

Centre intégré de santé et de services sociaux des Îles

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* Inspired of « Prévenir les chutes à domicile » from CLSC de la région de Lanaudière.

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Mise en page : Service des communications

Centre intégré de santé et de services sociaux des Îles

Québec 

HOW TO PREVENT FALLS AT HOME....

How not to fall next to the problem?



Together we work for those we love!

*Draw from Programme P.I.E.D., édition 2002, Direction de santé publique de Montréal-Centre

Falls do not just happen to others

Safety is a question of ... *attitude and behaviour*

- ⇒ Get up slowly from a bed or a seat.
- ⇒ Avoid rushing to answer the phone or the door.
- ⇒ Wear shoes with non-slip soles with a solid bottom and proper height.
- ⇒ Avoid wearing pants that are too long or too wide at the bottom.
- ⇒ Clean without delay all water, grease or food spills on the floor.
- ⇒ Avoid carrying heavy objects or objects that may hide your view.
- ⇒ Use a solid stool with a non-slip surface.



⇒ Take medications as prescribed and know their side effects.

⇒ Exercise regularly and eat healthier.



- ⇒ Have a cordless telephone and a pocket lamp at your reach
- ⇒ Register all emergency numbers in your telephone

Safety is a question of ... *having safety precautions in our home*

- Good lighting in all rooms and hallways, the stairs, as well as the doorstep and the balcony.
- Nightlight in the bedroom and also in the hallway closest to the bathroom.
- Hands solidly gripped on hand railing while climbing up or down the stairs. Hand railing must be longer than the stairs.
- Switch for light in the entrance of each room and at the bottom and top of the stairs.
- Do not leave objects on the steps and make sure your pathway is clear.
- All Steps must be the same height and depth and contrast colors should be placed on the first and the last steps.
- Exterior steps and balcony should be finished with a non-slip surface.
- Rugs well fixed to the floor.
- Items placed at appropriate heights, especially in the kitchen and in closets. Place shelves, baskets at adequate reach.
- Cordless phone at your reach.

Safety is a question of ... *Having precautions in our home*



- Solid stool within your reach.
- Firm mattress and (Armchair, sofa) should be at a good height (just above the knees).
- Telephones, lamps and alarm clocks should be placed on the night table within your reach or close to your sleeping area.
- In the bedroom, have a chair to sit on while dressing.
- Electric and telephone wires well fixed to the ground.
- Easy access to the windows.
- Handle bars close to the toilet, and on the interior and exterior of the bathtub wall.
- Use a hand-held shower.
- Rugs or non-slip surface mats should be placed in the bath, at the far end and at the exit of the bathtub.
- Use Shower bench and elevated toilet seats according to your needs.



For those living alone

Ask someone to call or visit on a regular daily basis or to oversee the installation of an emergency warning device to be connected to your telephone.

