

Newsletter Fall 2009



Check For Safety

FALLS AT HOME

Each year, accidents occur at home, many of which could have been prevented with a few simple precautionary measures.

If you have to walk around furniture in your home, perhaps it should be rearranged so that there is a clear path.

If you have throw-rugs, double-sided tape should be applied or a non-slip backing so the rugs won't slip.

Always keep objects off the floor.



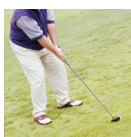
If you have to walk over or around wires or cords, they should be coiled or taped next to the wall so you can't trip over them or perhaps consider an electrician installing another outlet.

Fix loose or uneven steps.



Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

Other Things You Can Do to Prevent Falls



Exercise regularly. Exercise makes you stronger and improves your balance and coordination.

Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.



Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.

Get up slowly after you sit or lie down.



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