

# ➤ Risky behaviors and alternatives

- If you find yourself walking too fast or running in order to be on time.....try planning ahead so there is no need to hurry.
- If you get overtired by doing too much.....try to plan your week so the daily chores are evenly distributed.
- Wearing clothes that drag on the floor can cause trips and falls.....hem or cut off clothes that are too long.
- If you notice that you are using a rocking motion to help you stand.....instead try to scoot to the front of the chair, keep feet flat on the floor and use your arm and leg power to lean forward and stand.
- If you wear sunglasses.....remove them in low light areas, take a moment to let your eyes adjust.
- If you have pets that get underfoot.....be aware of their location and consider moving them to another area during standing activities such as cooking,
- Even if you don't think you need to use handrails.....they provide a safety precaution in case you trip.
- Walking in one direction while looking elsewhere can cause trips and falls.....stop walking and observe your surroundings. When moving, keep focused on where you are putting your feet.
- Moving from sitting to standing to walking in a rush can cause dizziness.....take time to stand slowly and "get your bearings".
- The wrong shoes or slippers can cause a fall.....wear low heeled, thin soled, enclosed shoes. Slippers should be non-skid.
- Leaning on furniture for support can be dangerous.....obtain a walker or a cane and get training on proper use.
- Towel bars will not support body weight.....have grab bars properly installed where needed.
- Sitting in chairs with your buttocks lower than your knees makes it difficult to stand up.....replace low chairs or add cushions to raise seat height.
- Getting arms and legs tangled in clothing while changing can cause a fall.....sit down while changing clothes.
- Carrying packages that block your view of your feet can cause you to trip.....know where you are placing your feet and keep them in clear view.
- When you travel.....take a flashlight to keep next to the bed.
- Even small spills can cause a fall.....wipe up spills right away and remember that dry substances like sugar can also cause a slip.
- Improper use of medications can cause many problems.....always take medications as prescribed and take ALL medications to ALL of your physicians.
- Using low watt light bulbs can result in dark corners and shadows.....maintain adequate lighting, indoors and outdoors.



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