

HEALTH and SAFETY MESSAGE

Safety Tips for Seniors.

Recognizing the 30th anniversary of Seniors Month in Ontario

- Falls or slips getting in and out of the bath/shower is a common problem. Consider adding grab bars near shower/tub units and the toilet to prevent accidents or injuries.
- Consider placing nightlights in hallways leading to bathrooms to reduce risk of fall or injury.
- Have a phone or emergency alert system next to the bed. It should be quick and easy to alert a family member or emergency personnel.
- Clearly label dangerous, flammable material or products and place them in a locked storage area if the senior wouldn't be able to easily recognize a label.
- Keep a schedule of food in the fridge and expiry dates to avoid food from spoiling and a senior becoming ill. A quick and easy schedule can be placed with a magnet on the fridge to remind a caregiver or the senior themselves when to buy new milk or eggs.
- Check to ensure that emergency equipment is up to date and working- such as fire extinguishers or fire alarms. Fire alarm batteries should be replaced once a year.
- Check that walkers and canes are at the right height and that the rubber tips are not worn. This can cause slips and falls but also can cause back pain and unnecessary aches if the height is wrong.
- Update escape plans for Seniors and keep their current capabilities in mind, and practice with them.