

TE★AS
EAR, NOSE & THROAT
SPECIALISTS, L.L.P.

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Falling Precautions

In order to help you stay safe until your balance improves, we offer these hints to help prevent falls:

1. Use any prescribed walking aid at all times
2. Move through position changes slowly to avoid imbalance
3. Use elevators instead of the stairs or escalators whenever possible
4. Use handrails whenever possible, if stairs or ramps must be used
5. Avoid sitting in low, overstuffed chairs if you have difficulty standing up. When standing, scoot your hips to the edge of the chair prior to rising
6. Wear low heeled, laced shoes with a firm heel. No slippers or high heels

7. Modifications you can make at home:

- a. Always keep the lights on. Turn on a light before entering a dark room
 - b. keep electrical cords and small objects out of walking paths
 - c. remove throw rugs
 - d. keep frequently used items in the kitchen and bathroom within easy reach, preferably on eye level shelves
 - e. use nonskid decals or a rubber mat in the bathtub and shower
 - f. install grab bars in the bathtub and shower, if needed
8. If rapid head movements cause imbalance, do not drive