

## TAKE STEPS TO AVOID FALLING!

*from the Polio Society of Washington, D.C.'s Options*

Falls, caused by balance problems, weakness and instability in walking, can cause broken bones, torn ligaments, head injuries and lacerations. Unfortunately, recovery time is longer for post-polios. Here's some steps you can take to decrease falls:

Use kitty litter or sand to keep snowy, icy paths and steps safe. Install handrails in hallways and on both sides of stairways. Keep stair runners securely fastened. Be sure lighting is adequate, indoors and outdoors, especially at entryways and in stairways to attic and basement. Keep stairways and rooms as uncluttered as possible.

Replace throw rugs, put nonskid liners under them, or tack down their edges. Wear snug, non-skid slippers. Have working flashlights nearby in case of power outages.

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