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Community Resources:

Focus on Safety Curriculum  
http://www.anthc.org/chs/wp/injprev/focus-on-safety.cfm

Injury Prevention/Safety Playlist  
http://www.youtube.com/ANTHCDigitalStories#g/c/9C77F62220E5FCC5

Community Health Services on Facebook  
http://www.facebook.com/#!/pages/Community-Health-ServicesANTHC/106849576044369
ANTHC INJURY PREVENTION PROGRAM

HOME SAFETY CHECKLIST:

Fall Prevention Tips:
- **Vision**
  Have your vision checked by an eye doctor at least once a year.
- **Medication Management**
  Ask your medical provider to review your medications.
- **Physical Activity**
  Walk often and participate in subsistence activities. Exercise helps to improve coordination and balance.

**RESOURCES TO HELP PREVENT FALLS:**
- Pocket Medication List
- Medication List – for Home
- Home Safety Survey

**Stairs and Steps:**
- Keep both stairs and steps in good repair.
- Do not store anything on the stairs.
- Make sure handrails are on both sides of the stairs.
- Have someone put lights at the top and bottom of the stairs.

**Bathrooms:**
- Put a non-slip mat in the tub.
- Install grab bars or a safe shower chair to help you when getting in and out of the tub.

**Floors:**
- Keep a mat near the doorway for wiping shoes. During the winter, keep a broom handy for knocking off snow.
- Always have a clear path in each room and the hallway.
- All throw rugs need double-sided tape on the back so it will stay in place.
- Be sure to keep cords or wires next to the wall.

**Bedrooms:**
- Place a lamp close to the bed to be handy at night.
- If you use a cane or walker, place it next to the bed when you go to sleep.

**Kitchen:**
- Keep things you use most on the low shelves.
- Use a sturdy step stool. Never use a chair as a step stool.

“Alaska Natives are the healthiest people in the world”

http://www.anthc.org/chs/wp/injprev/homesafety.cfm