

Tips to prevent slips, trips and falls

Accidents happen. Whether caused by incorrect footwear, slippery surfaces or dizziness—it's important to be aware of your surroundings. Try these helpful tips to reduce your risk of falling.

At home:

- /// **Keep floors dry.** Immediately clean up any spilled liquids and use non-slip rugs.
- /// **Stay grounded.** Keep the things you use most often in easy-to-reach places.
- /// **Make a clear path.** Keep objects off the floor and stairways to ensure your walking path is clear.
- /// **Stay active.** Increase your strength and improve your balance with light physical activity like walking, gardening, golfing, etc.
- /// **Keep your focus.** Get your vision checked each year to help make sure your prescription stays up to date when your vision changes.
- /// **Check medications.** Pay attention to side effects that might make you sleepy, dizzy or cause you to lose balance.
- /// **Get up slowly.** Take your time getting up after sitting or lying down to make sure you have full control of your body and reduce dizziness.
- /// **Wear shoes that fit.** Avoid flip-flops, slippers or other loose-fitting shoes that may come off and cause you to trip.

At the dialysis center:

- /// **If you use a wheelchair or walker,** always bring it with you to your treatment. Do not try to walk or stand without assistance.
- /// **Get help from staff** when getting on and off the scale.
- /// **Need to use the restroom?** Ask a member of your care team to walk with you.
- /// **If you start to feel dizzy,** tell a member of your care team immediately and sit down if there is a chair nearby.
- /// **Tell staff** if you see any loose objects or liquids on the floor.
- /// **When your treatment is over,** stand slowly and have assistance nearby.



Remember to always tell your care team if you have fallen or been injured in the dialysis center or between treatments so they can provide extra support.