Healthy aging
it's your move!

SAFETY AROUND FURNITURE

Preventing falls from step stools and ladders

Be sure to never climb on a chair — use a safe step stool or ladder instead. Consider the following to safely choose and use step stools and ladders:

Choosing safe step stools and ladders

- Steps are deep enough to fit the length of your feet
- The surface of each step is non-skid
- Each step edge is marked with a contrasting colour
- The base is wider than the top to prevent tipping
- The legs are sturdy and fitted with rubber tips

Using step stools and ladders safely

- Place step stools and ladders firmly on an even surface
- Climb facing the steps
- Never stand on the top step
- Only reach for items that are directly in front of you
- Do not lean forward or extend your reach
- Store everyday items within easy reach
- If in doubt, ask for help

Getting up safely from the sofa or bed

Do you have trouble getting up from a sofa or bed? Here are some helpful tips to make getting up from a sofa or bed easier.

Determining the correct height

While seated on the sofa or bed, measure the distance from the floor to the top of the seat.

The distance from the floor to the top of the sofa cushion or mattress should be the same as the distance from the floor to the top of your kneecap when standing.

Note: This must be done while seated as softer beds or sofas collapse more than firmer seats.

Adjusting to the correct height

- Consider adding a firm foam pad to the seat of the sofa
- Use sturdy bed blocks/raisers under the legs of a bed or sofa

Note: These items can be purchased at a medical supply dealer. For help to determine the best device for you, contact your Local Health Integration Network (LHIN).

York Region