



# SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING  
150 YEARS!

A Healthy Tradition of Care and Wellness

## Stair Safety Tips to Keep You Safe and Well

As we age, our eyesight and balance tend to decline. As a result, we become more susceptible to tripping and falling, and more prone to serious injury.

Up to 30 percent of senior adults who fall today suffer injuries such as hip fractures, hip lacerations, or head traumas. **The National Center for Injury Prevention and Control**, part of the federal **Centers for Disease Control and Prevention**, says that about half of all falls occur in the home. One of the dangers in the home environment is the stairs, they can be a major hazard that can result in serious and debilitating injuries.

### Tips for Making Your Stairs Safer

According to the article, "[9 Simple Tips to Ensure Stair Safety](#)," there are some simple preventive measures that you can take to minimize the risks.

- Keep stairways clear at all times. This includes the landing areas.
- Make sure stairs are equipped with secure handrails and that they are installed at a comfortable height.
- All stairs should be at the same height and depth and be equipped with a non-slip surface.
- Repair any stairs that are loose, broken or have a slippery surface. Fix loose or torn carpeting.
- Ensure that stairways are well lit and have a light switch at both the top and bottom of the stairs. Install a low-intensity night light if possible.
- If there are rugs at the top or bottom of the stairs, make sure they have a non-slip backing.
- The edge of each stair should be clearly visible.
- Be aware of alcohol consumption or any medicine that may cause side effects such as dizziness or blurred vision.
- When using stairs, be sure to take your time. Don't carry items that will block your view of the stairs or prevent you from holding onto the handrail and make sure you can see clearly. This includes removing reading glasses or wearing glasses prescribed for distance.

By being a little cautious and taking some time to make your stairs safe, you can reduce your risk of falling and live safely and more confidently.



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## Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, **Saunders House** – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, **Saunders House** offers a range of services including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our short-term rehabilitation program and other professional services, please call us today at **(610) 658-5100** or [contact us](#) online.