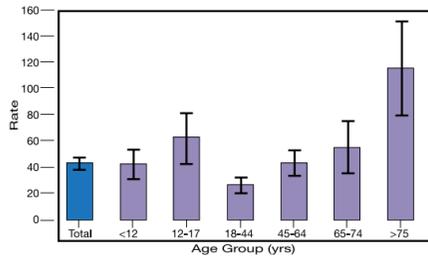


Rate* of Nonfatal, Medically Consulted Fall Injury Episodes† by Age Group



* Per 1,000 population. † Annualized rates of injury episodes for which a health-care professional was contacted either in person or by telephone for advice or treatment.

Source: Centers of Disease Control and Prevention & MMWR QuickStats

Falls have been linked to several health problems. Some common health problems are:

- Problems with vision
- Taking a high number of medications or having conditions such as high/low blood pressure that can cause dizziness or drowsiness
- Problems with overall movement and balance
- Tripping hazards in the home and/or facility



According to the Centers of Disease Control and Prevention (CDC), each year, one in every three adults age 65 and older falls. Falls have proven to be more common than strokes and can be just as serious in their consequences. Falls can cause moderate to severe injuries, such as lacerations, hip fractures and head traumas. Studies have shown that 90% of hip fractures are caused by a fall. Adults 65 and older suffer injuries from a fall that make it hard to live independently and can increase the risk of early death.

Fortunately, falls can be largely preventable both in the home and in the facility.

What Can Older Adults Do To Help Prevent Falls?

- Have your eyes examined by an eye doctor at least once a year to ensure that your vision is normal and if not that you are using the proper eyeglasses.
- Exercise regularly if possible. Controlling your balance and leg strength can be challenging as you get older. Exercise can help improve and increase these keeping you mobile and more independent.
- Ask your pharmacist and physician to review all medication being taken to ensure that there are no interactions or side effects that can cause dizziness or other adverse reactions.
- Evaluate your home and/or the facility and try to reduce any potential trip hazards such as rugs with lifted edges, power cords etc. If you are a caregiver, assess your patient or loved one and determine if additional safety products are needed. Products such as patient monitors, fall pads, railings and bath safety products such as grab bars can all be used for both fall prevention and fall safety.



Home Safety Checklist

Protecting a loved ones home from risky areas to prevent falls could save their life. Use this checklist in your home, facility or for a loved one.

BATHROOM		LIVING AREAS	
Is the path from the bedroom to the bathroom well lit?	Yes No	Are floor coverings secure and sturdy?	Yes No
Are there grab bars near the toilet and in the shower and bathtub?	Yes No	Can you answer the phone without getting up?	Yes No
If you have difficulty standing in the shower, do you use a shower seat?	Yes No	Are cords pushed back against the wall?	Yes No
Do your bathmats have slip-resistant backing?	Yes No	Can you turn on a light without having to walk into a dark room?	Yes No
Do you remove soap build up in your shower/bath-tub to avoid slipping?	Yes No	Do you have a step stool that has side rails, sturdy and in good condition?	Yes No
Can you reach soap in the shower without bending down or turning too far around?	Yes No	Do you have a cordless or cellular phone or an emergency alarm device?	Yes No
Do you have a raised toilet seat if you have difficulty standing up and sitting down?	Yes No	Is your floor free of clutter?	Yes No
Are spills cleaned up immediately?	Yes No	Is it easy to walk around the furniture in your home?	Yes No
BEDROOM		Can you pull cords to lights or ceiling fans without reaching up too high?	Yes No
Is there a well lit bedside table and room to store eyeglasses and a phone?	Yes No	Are there handrails on both sides of the stairways in your home?	Yes No
Are cords pushed back against the wall?	Yes No	Are the steps on your stairways even and safe?	Yes No
Is there clutter on the floor?	Yes No	Are there lights at the top and the bottom of the stairs?	Yes No
Do you have a motion sensor night light?	Yes No	PORCH, YARD, & OUTSIDE	
KITCHEN		Is the path from the house to the garage well lit?	Yes No
Are throw rugs/floor mats secure?	Yes No	Are there cracks or buckles on the sidewalks or driveway?	Yes No
Can you get to regularly used items without bending down or reaching up too far?	Yes No	Are there hoses, weeds or other obstacles on the walkways?	Yes No
Are spills cleaned up immediately?	Yes No	Are there icy steps or walkways?	Yes No
Is food prepared at the kitchen table?	Yes No	Total	

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Information contained herein is subject to change. The most current and complete product information can be found on our website. www.grahamfield.com



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Fall Prevention for Older Adults





BATHROOM



Lumex® Bath Seat (7921KD-4)

- Allow you to take showers in sitting position
- Beneficial for those struggling with balance and getting in and out of bathtubs
- Contoured, wide seat for added comfort



Lumex® Tub Rails (696xx series)

- Available with one or two gripping handles and facilitates both entry and exit from tub
- Clamp holds firmly to tub wall without marring tub surface



Lumex® Grab Bar (201x series)

- Available in various lengths and in Brushed Nickel, Chrome and White finishes to blend with home decor
- Mounts vertically, horizontally, or diagonally
- Textured steel provides a good gripping surface



Lumex® Sure-Safe® Bath Mat (2050A)

- Provide excellent non-slip protection
- Suction cups attach securely to bathtub floor



Lumex® FastAlert Patient Cord Alarm

- Designed to notify staff or caregiver that a patient or loved one has moved from the chair
- Secures easy with clip that attaches to clothing so when user gets up, the cord pulls from the alarm and the audio alarm is activated
- Convenient dual volume settings: 70dB and 90dB



Bed Assist Rail (GF6900)

- Can be used on either side of the bed for assistance with getting in and out of home style bed
- Strong, steel construction with attractive black finish makes it durable and look good in the home
- Cushioned handle that is adjustable in height assists with getting in and out of bed
- Easily slides in between mattress and bed frame with added feature of anti-slip foam on base bar and securing strap to secure to bed frame
- Convenient, black pouch included for storage of personal items



Lumex® Bed Rails (GF65xx-1 series)

- Provide a secure handhold for entering and exiting the bed and can be used to provide perimeter protection
- Used on homecare hospital beds
- Available in standard and FDA Compliant Reduced Entrapment design with chrome and painted finishes respectively



Lumex® Side Rail Pads (6013xxxx series)

- Pressure-relieving foam side rail pads help protect patient from hard bed rails and reduce gap between bed rail and mattress
- Antimicrobial, flame resistant, stain resistant, easy to clean
- Hook and loop fastener attaches easily to top rail

For Standard Rails Only
- 6013363 14" x 36" - fits half rail 1/pr

For Swing-Down Rails Only
- 6013365 17" x 30" - fits half swing-down rail 1/pr

For Standard and Swing-Down Rails
- 6013364 14" x 58" - fits 3/4 rail 1/pr
- 6013663 14" x 72" - fits full rail 1/pr



BEDROOM



Lumex® FastAlert Basic Patient Bed and Chair Alarms (GF13700 & GF13701B/C)

- Alarm notifies staff or caregiver when user gets out of bed or chair
- Pressure sensitive, fluid resistant pad with 1 year warranty connects to alarm
- Convenient dual volume settings: 70dB and 90dB
- Delay function allows for 0 or 2 second delay to reduce likelihood of false alarms with restless users
- Comes with protective boot cover to prevent damage if dropped
- Off switch and Low battery indicator
- Pad size: Chair - 10" x 15"
- Pad size: Bed - 10" x 29"

* Advanced system with remote alarm to nurse call option (GF13702B/C) with (Adapter Cable 105681 and Splitter 106256 sold separately)



Lumex® Beveled Edge Floor Mats (BFP7224)

- Ultra-low profile with beveled edges to reduce tripping hazards
- Folds conveniently for storage



Lumex® Walkers (716270x-1)

- Used to help an individual maintain balance and move about independently
- Dual-release folding mechanism enables user to fold walker sides independently
- Optional 5" front fixed wheels and glide tips to enhance walker maneuverability on all surfaces
- Available in standard and various eye appealing colors for versatility



Lumex® Mobility Lights (LT80s)

- Easily attaches to most walking aids
- Can illuminate path from bed to bathroom at night

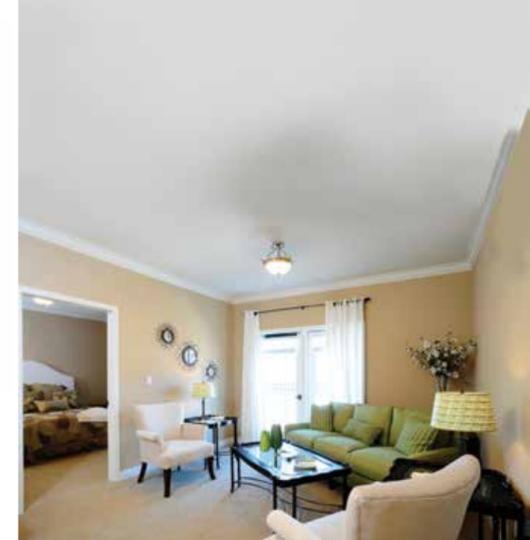


Lumex® Canes (6000 series)

- Ambulatory aid to assist with balance
- Available in various standard and designer attractive finishes for versatility
- Easy push-button height adjustment with locking collet for added security



LIVING AREAS



Lumex® Reachers (5689)

- Lightweight aluminum reaching aids help avoid bending down and climbing on objects
- A squeeze of the trigger closes jaws for a tight grip
- Ideal for grabbing object just out of reach in high spaces



KITCHEN



Lumex® FLATMAT® (LMFLMT)

- Ultra-low profile with beveled edges to reduce tripping hazards
- Heavy-duty non-slip top surface protects foam for extended life
- Unique Slide-Stop™ bottom material helps keep FLATMAT™ in place

Grafco® Step-Up Stools (GF1840C-2)

- Sturdy step stool with non-skid, ribbed rubber mat platform
- Available with or without handle for balance support to obtain out-of-reach items

