

FALL PREVENTION





BATHROOM



Lumex® Bath Seat

- Allows you to shower in sitting position
- Beneficial for those struggling with balance
- Contoured, wide seat for added comfort
- Item No. 7921KD-4



Lumex® Splash™ Bath Lift

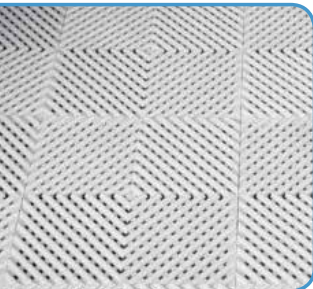
- Offers quick and uncomplicated fitting and removal from the bath in one complete unit
- Ultra-compact design
- Item No. 5033A-1



Lumex® Grab Bar

201x series

- Chrome and White finishes available
- Mounts vertically, horizontally, or diagonally
- Available in various lengths
- Textured steel provides a good gripping surface



Veriflex™ Shower Mat

- Reduces the likelihood and seriousness of injury from a fall
- Slip-resistant top surface
- Flexible shock absorbing design
- Allows water to flow through and around the mat to the drain
- Air freely flows through the mat so it can dry
- Veriflex is infused with nanosilver to limit bacterial and fungi growth
- Item No. VRFLX543

Lumex® Sure-Safe® Bath Mat

- Provides excellent non-slip protection
- Suction cups attach securely to bathtub floor
- Item No. 2050A



Lumex® Tub Rails

- Available with one or two gripping handles
- Facilitates both entry and exit from tub
- Clamp holds firmly to tub wall without marring surface
- Item No. 69633A/69623A



LIVING AREAS

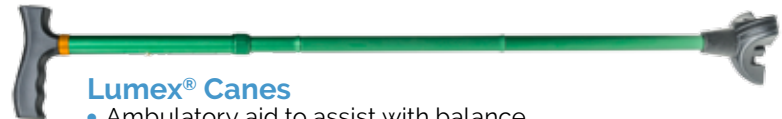
Lumex® Walkers

- Used to help an individual maintain balance and move about independently
- Dual-release folding mechanism enables user to fold walker sides
- Optional 5 inch (12.70 cm) front fixed wheels and glide tips
- Available in various colors
- Item No. 716270X-1



Lumex® Mobility Lights

- Easily attaches to most walking aids
- Can illuminate path from bed to bathroom at night
- Item No. LT80



Lumex® Canes

- Ambulatory aid to assist with balance
- Available in various attractive finishes
- Easy push-button height adjustment
- Item No. 518xA/59xxx/6000x/61xxA/622xA/632x



BEDROOM



Lumex® FastAlert Basic Patient Bed and Chair Alarms

- 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
- Comes with protective boot cover
- Off switch and low battery indicator
- Pad size: Chair - 10 x 15 inch (25.40 x 38.10 cm)
- Pad size: Bed - 10 x 29 inch (25.40 x 73.66 cm)
- Item No. GF13701B/C

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

BEDROOM



Lumex® Bed Assist Rail

- Can be used on either side of the bed
- Strong, steel construction with black finish
- Cushioned, adjustable height handle
- Easily slides in between mattress and bed frame
- Anti-slip foam on base bar and securing strap to secure to bed frame
- Black pouch included
- Item No. GF6900



Lumex® Beveled Edge Floor Mats

- 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
- Item No. BFP7224



Lumex® FastAlert Patient Cord Alarm

- Designed to notify when patient moves
- Alarm activates when the cord pulls from the alarm
- Secures easy with clip that attaches to clothing
- Convenient dual volume settings: 70dB and 90dB
- Item No. GF13700



KITCHEN

Grafco® Step-Up Stools

- Sturdy step stool with non-skid, ribbed rubber mat platform
- Available with or without handle
- Item No. GF1840C-2



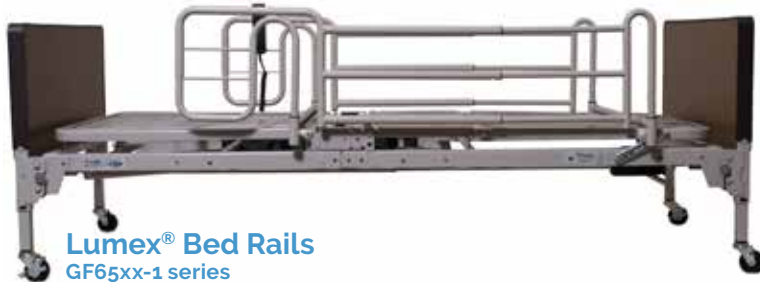
Lumex® Reachers

- Lightweight aluminum reaching aid helps avoid bending down and climbing
- A squeeze of the trigger closes jaws for a tight grip
- Ideal for grabbing object just out of reach in high spaces
- Item No. 5689



Lumex® FLATMAT®

- 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
- Item No. LMFLMT



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 (chrome finish) and FDA Compliant Reduced Entrapment design (painted finishes)

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

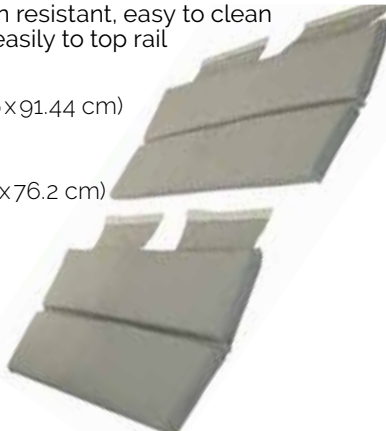
Item No. 6013363: 14x36 inch (35.56x91.44 cm)
- fits half rail 1/pr

For Swing-Down Rails Only

Item No. 6013365: 17x30 inch (43.18x76.2 cm)
- fits half swing-down rail 1/pr

For Standard and Swing-Down Rails

Item No. 6013364: - fits 3/4 rail 1/pr
14x58 inch (35.56x147.32 cm)
Item No. 6013663: - fits full rail 1/pr
14x72 inch (35.56x182.88 cm)





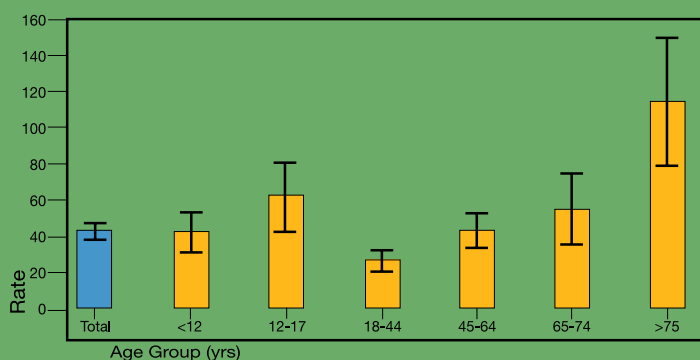
Fortunately, falls can be largely preventable

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.

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.
- 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.
- 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.
- 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.

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

HOME SAFETY CHECKLIST

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

BATHROOM	✓	📄
Is the path from the bedroom to the bathroom well lit?		
Are there grab bars near the toilet and in the shower and bathtub?		
If you have difficulty standing in the shower, do you use a shower seat?		
Do your bath mats have slip-resistant backing?		
Do you remove soap build up in your shower/bathtub to avoid slipping?		
Can you reach soap in the shower without bending down or turning too far around?		
Do you have a raised toilet seat if you have difficulty standing up and sitting down?		
Are spills cleaned up immediately?		
BEDROOM	✓	📄
Is there a well lit bedside table and room to store eyeglasses and a phone?		
Are cords pushed back against the wall?		
Is there clutter on the floor?		
Do you have a motion sensor night light?		
KITCHEN	✓	📄
Are throw rugs/floor mats secure?		
Can you get to regularly used items without bending down or reaching up too far?		
Are spills cleaned up immediately?		
Is food prepared at the kitchen table?		
LIVING AREAS	✓	📄
Are floor coverings secure and sturdy?		
Can you answer the phone without getting up?		
Are cords pushed back against the wall?		
Can you turn on a light without having to walk into a dark room?		
Do you have a step stool that has side rails, sturdy and in good condition?		
Do you have a cordless or cellular phone or an emergency alarm device?		
Is your floor free of clutter?		
It is easy to walk around the furniture in your home?		
Can you pull cords to lights or ceiling fans without reaching up?		
Are there handrails on both sides of the stairways in your home?		
Are the steps on your stairways even and safe?		
Are there lights at the top and the bottom of the stairs?		
PORCH, YARD & OUTSIDE	✓	📄
Is the path from the house to the garage well lit?		
Are there cracks or buckles on the sidewalks or driveway?		
Are there hoses, weeds or other obstacles on the walkways?		
Are there icy steps or walkways?		
TOTAL:		

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

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