



seekwellness
Fall Prevention Checklist

Pricing date: 05-16-2012

We offer information and products that are high quality, relevant to our visitors, provide good value and are produced by companies and individuals that we know and respect. Customer service and community matter to us -- we care about our visitors, customers and the companies with whom we do business.

Our fall prevention products have been carefully selected and tested by Dr. Rein Tideiksaar, Director of our Fall Prevention Center.

Fall Prevention Checklist

Make sure you or your loved one is:

- visiting the doctor, getting regular physical exams, vision checks, and medication reviews.
- staying active. Dance, garden, stretch or become involved with family activities and go outside. Regular physical activity is one of the best ways to reduce chances of falling (but before you do too much, make sure to check with your doctor so you don't get hurt).

More than half of falls happen at home. Make your home a safe haven by:

- having adequate lighting in stairways and rooms that you and your loved ones are using or tend to walk through.
- being careful with rugs. They should be slip-resistant, and check carpet edges to make sure they are secure and will not be curling up.

Having trouble getting up at night and tend to fall? You may want to consider:

- a bed pad alarm set, or a bedside alarm set. These pads either go on the bed, or beside the bed and an alarm sounds when the pressure is removed from the pads. When the alarm sounds a caregiver can then assist you.
- putting nightlights in the bedroom and bathroom or keep a light within reach of the bed.

Having trouble getting up off of the toilet when going to the bathroom? Consider:

- a toilet seat alarm set
- elevated toilet seats and grab bars

Always check for hazards that could cause someone to trip, slip, or fall throughout your house. Keep paths clear, especially at night.

Showers and bathtubs get very slippery.

- consider using a tub or a shower chair.
- remember that towel bars are not designed to be used as grab bars.
- place non-skid rubber mats or decals on the floor of your bath or shower to help prevent slipping.
- sit on the side of the tub when lifting legs into the bath.

Fall Prevention Checklist Continued

Try to put your everyday dishes and kitchen supplies in easy to reach places. Consider keeping them between waist and shoulder height to avoid excessive bending, stooping or reaching.

If your bones are fragile, you may want to consider a hip protector. These are designed to cushion your hips if you do have a fall.

If you do fall, don't panic. Try to remain calm and check the situation. Determine whether or not you are hurt and evaluate if you should get up. If you can get up, try to slide, scoot or crawl along the floor to a nearby couch or chair and then try to get up. If you can't get up, call for help. If you are alone, try to get into a comfortable position and lie quietly until help arrives. You may want to consider getting an Emergency response system if you live alone. It will allow you to call for help if you fall and a trained professional can then contact nearby family or friends or emergency personnel to assist you.

Always remember that safety comes first, and you can prevent many falls by taking action.

For more information on falls, fall prevention, and products to make your home safe, please

SeekWellness.com.

visit

Ordering Information

Seekwellness Products may be ordered:

1. Online at <http://www.seekwellness.com/mystore/>
2. By mail or fax by selecting from this catalog, completing the Order Form at the end of this catalog and mailing to:
SeekWellness LLC
75 South Main Street, Unit 7, PMB #162
Concord, NH 03301

Or faxing to: 603-783-3328

Terms, Conditions & Return Policy

Seekwellness.com respects and applies the guarantee and return policy of each individual product's manufacturer. For more information: Call 800 840-9301 or email us at customer.service@seekwellness.com

Our Featured Fall Prevention Products

Reversible Safety Floor Mat & Alarm Set



Item: MAT- SET

\$125.99

Reversible Safety Floor Mat sets include mat and alarm. Mat is available in 2 sizes - 24" x 36" or 24" x 60". Heavy Duty PVC Safety Mat is slip-resistant on both sides. Safety Floor Mat is reversible for longer, continuous use. Alarm sounds when resident steps on Safety Mat. 1 year warranty

Please specify when ordering:

Item number: "24 x 36in. mat 80dB alarm", "24 x 36in. mat 120dB alarm", "24 x 60in. mat 80dB alarm", "24 x 60in. mat 120dB alarm"

24" x 30" Bed Pad (1 year pad) & Alarm Set



Item: Bed Pads Set-

\$109.99

Complete set includes 24x30" Bed Pad (one year pad), Alarm & holder. Set includes alarm. Please select the alarm of your choice above.

Please specify when ordering:

Choose alarm: Universal - white, Universal - yellow, PADS-2, Voice Alarm, Silent Monitor, Secure 120 Alarm

12 x 30" Bed Pad (1 year pad) & Alarm Set



Item: Bed Pads Set-

\$98.50

Complete set includes 12x30" Bed Pad (1 year pad), Alarm & holder. Set includes alarm. Please select the alarm of your choice above.

Please specify when ordering:

Choose alarm: Universal - white, Universal - yellow, PADS-2, Voice Alarm, Silent Monitor, Secure 120 Alarm

Our Featured Fall Prevention Products

Toilet Pad & Alarm Set



Item: STP- \$65.65

Complete set includes toilet pad, alarm & holder and secure universal bracket (SUB-1). Set includes alarm. Please select the alarm of your choice above.

Please specify when ordering:

Choose alarm: Universal - yellow, Universal - white, PADS-2, Voice Alarm, Secure 120 Alarm

Bedside Floor Mat



Item: SBSM \$70.85

Bedside floor mat is 30" x 66" x 2". Folds for easy storage. Slip resistant, flame-retardant, and latex-free.

Secure Hip Protector w/removable pads



Item: SHP-RP-W \$24.95

Hip Protector w/removable tailbone and hip pads contour to the body and can be worn as underwear or outside clothing.

Please specify when ordering:

Sizes: XS, S, M, L, XL

Our Featured Fall Prevention Products

Secure Hip Protectors - Black, Male



Item: SHP-B

\$24.95

Removable tailbone pad with pocket, Sewn in hip pads, Waterproof high impact foam pad, Memory foam pads contour to body, Worn as underwear or outside clothing, Fly Front, Breathable 94% Cotton / 6% Spandex, 6 Month Warranty

Please specify when ordering:

Sizes: XS, S, M, L, XL

Secure Hip Protectors - Pink, Female



Item: SHP-P

\$24.95

Waterproof high impact foam pad, Memory foam pads contour to body, Worn as underwear or outside clothing, Breathable 94% Cotton / 6% Spandex, 6 Month Warranty

Please specify when ordering:

Sizes: XS, S, M, L, XL

Secure Hip Protectors - White, Unisex



Item: SHP-W

\$24.95

Removable tailbone pad with pocket, sewn in hip pads, waterproof high impact foam pad, memory foam pads contour to body, work as underwear or outside clothing. Designed for men or women. Breathable 94 percent cotton / 6 percent Spandex. 6 Month Warranty.

Please specify when ordering:

Sizes: XS, S, M, L, XL

Our Featured Fall Prevention Products

Universal Alarm w/flashing alert light



Item: SUA-1

\$19.50

Now available in YellowCan be used with pressure pads or pull cords. Always on for resident safety. Test/Reset Button. Flashing alert light. Batteries included. One year warranty.

Please specify when ordering:

Color: White, Yellow

USE WITH:

- Bed Pad
- Chair Pad
- Under Mattress Pad
- Toilet Seat Pad
- Seat Belt

or use as a personal alarm

Secure Magnetic Alarm



Item: Mag-3

\$19.00

Features: OSHA approved 80 decibel level. Always on for patient/resident safety. Automatic reset. Test and reset button. Batteries included. One year warranty. Flashing light.

SeekWellness Order Form

SeekWellness LLC

75 South Main Street, Unit 7, PMB #162, Concord, NH 03301

T: 603-574-4915 F: 603-783-3328

Toll Free: 800-840-9301

Email: customer.service@seekwellness.com

| | |
|-------------------------------------|---|
| Bill to: | Ship to: (No PO Boxes Please) |
| Name: | Check here if same as bill to: <input type="checkbox"/> |
| Address: | Name: |
| Address: | Address: |
| City: St/Prov: | Address: |
| Zip/Postal Code: | City: St/Prov: |
| Tel: Ext: | Zip/Postal Code: |
| Email: | Tel: Ext: |

| Item # | Description | Size | Color/Style | Qty | Unit Price | Total |
|--------|-------------|------|-------------|-----|------------|-------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| | |
|---|-----------------------|
| Charge to: Visa <input type="checkbox"/> M/C <input type="checkbox"/> Discover <input type="checkbox"/> Amex <input type="checkbox"/> | Order Subtotal: |
| Card #: - - - **CVV: * | *Shipping & Handling: |
| Exp. Date: / / | Grand Total: |
| Name (as printed on the card): | |
| Order Date: / / | |

**CVV: The security code for Visa, MasterCard or Discover is a 3-digit number printed on the back of your card. It appears after and to the right of your card number. The American Express security code is a 4-digit number printed on the front of your card. It appears after and to the right of your card number.

NOTE: We also accept payment by check or money order. When paying with personal check, please note that items will not be shipped until the check clears.

| | |
|--|----------|
| *Shipping & Handling Rates | |
| Within the US by UPS Ground | |
| Call us for other shipping options or International rates. | |
| Order Subtotal | S&H Rate |
| Less than \$50 | \$10.00 |
| \$51 to \$100 | \$12.00 |
| \$100+ | \$15.00 |