

Staying Safe at Home

Most falls occur in and around the home.

Make you home safer and brighter!

- ◆ Use nightlights to illuminate hallways, bedrooms and bathrooms
- ◆ Install light switches close to entry ways
- ◆ Install automatic lighting
- ◆ Keep a small flashlight on your keychain
- ◆ Have a flashlight near your bed

Clear a Path!

- ◆ Keep coffee tables, magazine racks, boxes, plants, footrest and any large items out of the path of traffic
- ◆ Rearrange furniture to allow a clear path
- ◆ Move electrical cords out of the way

Fall proof the bathroom!

- ◆ Use a non-slip mat or self-stick strips in the tub
- ◆ Install grab bars inside the tub/shower and next to the toilet
- ◆ Store often used items within easy reach

Safety in the Kitchen!

- ◆ Immediately clean up spilled liquids, food and/or grease
- ◆ Store often used items and food within easy reach
- ◆ Avoid using throw rugs

In addition, remember!

- ◆ Don't rush to answer the door or phone
- ◆ Use an assistive device in the house if necessary
- ◆ Apply non-skid mats to double-sided tape to the back of any floor covering to keep it from moving