

PREVENTING FALLS

Falls are a leading cause of injuries- sending more than two million people to the emergency department each year. You can help prevent falls by following these tips.



Use Nonslip Mats

to help improve traction in bathtubs or showers.



Install Handrails

along indoor and outdoor staircases where you need extra support.



Clear Your Path

to remove any throw rugs, or other trip hazards like electrical cords.



Keep The Lights On

so there is adequate lighting inside and outside of your house to see where you are walking.



Install Grab Bars

near showers, bathtubs, and toilets.



Keep Items In Reach

so you don't have to rely on a step stool or ladder.



Consider Exercise

to build balance, flexibility, and strength with an exercise program.



Check Vision & Hearing

so you are aware of your surroundings when walking.



Wear Shoes

even when in the house to improve traction.

