



Fall Prevention Reminders



Look out for yourself. See an eye specialist once a year. Use night lights to light the path between your bedroom and bathroom.

Tread carefully. Stairways should be well lit from both top and bottom.

Slippery when wet. Use non-slip mats in the bathtub and the shower. Install grab bars next to bathtubs, showers, and toilets.

Exercise regularly. Ask your doctor about the best type of exercise for you.

Take your time. Get out of chairs slowly. Stand and get your balance before you walk.

Clear the way. Keep stairs and walkways, indoors and out, free of clutter and other obstacles.

Be aware of uneven surfaces. Use only throw rugs with rubber non-skid backing.

Best foot forward. Wear sturdy, well-fitted, low-heeled shoes with non-slip soles.



Information provided by the National Fire Protection Association (NFPA) and the Centers for Disease Control and Prevention

