

PREVENTING FALLS AT HOME

Following are some guidelines to help prevent falls and the resulting injuries:

- Remove loose scatter rugs. They often slide or bunch up and create a tripping hazard.
- Do not leave articles on the floor or on stairs. These items are frequently stepped on or tripped over and cause injury.
- Place non-skid covers on stair-treads.
- Be sure to have secure hand-rails on all stairways.
- Stairs and hallways should be well lit.
- Use a night light in bathrooms and halls.
- Use a non-skid mat in the shower and bathtub.
- Install grab bars in the shower and bathtub. Do not use towel racks as grab bars. They are likely to break or dislodge and cause a fall or other injury.
- Be sure to wipe dry any wet spots on the floor. Be especially aware of spills on the kitchen floor, whether water, grease or food.
- Keep pets under control so they do not jump on people and cause falls or other injury.