

## Don't fall for home falls.

### Tips for Fall Prevention:

- Attaching grab bars to showers and bathtubs
- Using floor mats near showers and basins
- Cleaning up splashes and spills
- Repairing or replacing worn treads or carpet on stairs
- Installing light switches at the top and bottom of stairs
- Installing proper handrails on both sides of a stairway
- Using nonskid paint on exterior wooden steps
- Keeping objects such as toys and shoes off the stairs
- Removing clutter and other trip hazards
- Using a ladder or step stool, not a chair, to reach high places
- Using the right ladder, correctly
- Wearing shoes or non-slip socks on wood floors and stairs

