

PREVENTING FALLS

Falls are the leading cause of injuries among older adults, sending more than two million people to the emergency department each year.

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.



Remove Clutter

from walking areas that you could trip over like electrical cords.



Keep The Lights On

Make sure to have adequate lighting inside and outside of your house.



Install Grab Bars

near showers, bathtubs, and toilets.



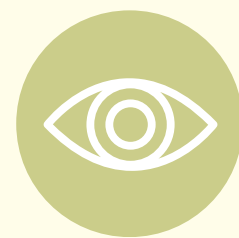
Keep Items In Reach

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



Balance & Exercise

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



Check Vision & Hearing

Your eyes and ears are key to keeping you on your feet.



Wear Shoes

even when in the house to improve traction.