

HOW TO MAKE YOUR HOME SAFER

BEDROOMS



Put night lights and light switches close to your bed.



Keep your telephone near your bed.

STAIRWAYS, HALLWAYS & PATHWAYS

- Make sure there is good lighting with light switches at the top and bottom of the stairs.
- Keep areas where you walk tidy.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on the tile and wooden floors.
- Have handrails on both sides of all stairs from top to bottom and be sure they're tightly fastened.

OTHER LIVING AREAS

- Keep electric cords and telephone wires near walls and away from walking paths.
- Tack down all carpets and area rugs firmly to the floor.
- Arrange your furniture and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are a good height for you.

BATHROOM & POWDER ROOMS



- MOUNT GRAB BARS NEAR TOILETS AND ON BOTH THE INSIDE AND OUTSIDE OF YOUR TUB AND SHOWER.
- PLACE NON-SKID MATS, STRIPS, OR CARPET ON ALL SURFACES THAT MAY GET WET.
- KEEP NIGHT LIGHTS ON.



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- ORTHOPEDIC & SPORTS INJURIES
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- NEUROLOGICAL CONDITIONS
- BALANCE TRAINING/FALL PREVENTION
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