

FALL PREVENTION

- Remove articles from steps
- Remove throw rugs or make sure they are secured
- Replace torn carpets
- Use non-slip mat at kitchen sink to soak up spilled water
- Use night lights to light path to bathroom
- Add skid proof strips or mats to bathtub/shower
- Add grab bars to toilet and tub
- Line edge of steps with bright colored tape
- Secure electrical cords
- Regular exercise such as walking, pool program, gardening