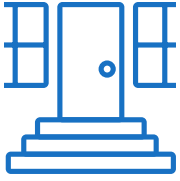


Home Fall Prevention Checklist



Home Entrance

- Add a ramp or grab bar if you have a step or stairs going into your home
- Have designated area for packages to reduce risk of tripping



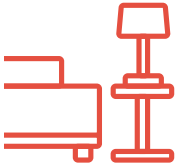
Living Room

- Add risers to low furniture to reduce fall risk
- Get furniture with arms to hold yourself steady when sitting or standing up
- Coil electrical cords to the wall to avoid tripping



Bathroom

- Add grab bars by the shower and toilet
- Place anti-slip mat in shower
- Keep floors dry to avoid slipping



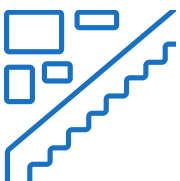
Bedroom

- Keep necessary items, like water or a flashlight, on your bedside table during the night for easy access
- Install a bed rail
- Purchase an adjustable bed
- Avoid clutter, like dirty clothes, on the ground
- Have lamps on both sides of the bed



Kitchen

- Avoid putting pantry items in high cabinets
- Keep dining chairs pushed in all the way to avoid tripping



Halls & Stairways

- Add nightlights in hallways
- Install a stair lift
- Ensure handrails are secure
- Place reflective tape on each stair