Home Safety Tips

Fall prevention for senirors

Fall prevention starts at home as about 50% of falls happen at home. Please take the following steps to make the home environment safe for elderly.

Floors

- ☑ Minimize clutter
- ☑ Remove loose wires, cords, and throw rugs
- ☑ Keep furniture in its accustomed place
- ☑ Make sure rugs are anchored and smooth

Bathrooms

- ☑ Install non-skid tape in tub or shower

Lighting

- ☑ Make sure that the home environment is well lit
- ☑ Install a night light in your bathroom and hallway

Kitchen

- ☑ Install non-skid rubber mats near sink and stove

Stairs

- ☑ Make sure treads, rails, and rugs are well secured