

# FALL-PROOF YOUR HOME

*Make these simple changes to help prevent falls and eliminate hazards in various parts of your house.*



## 1. Bathroom

- Place a slip-resistant rug next to the bathtub for safe exit and entry.
- Use a nonslip rubber mat or non-skid strips in tub or shower.
- Install grab bars for support inside the tub and next to the toilet.
- Replace glass shower enclosures with non-shattering material.

## 2. Stairs & Steps

- Always keep objects off stairs.
- Fix any loose or uneven steps.
- Provide enough light to see each stair and landings.
- Make sure carpet is firmly attached to every step.
- Make sure handrails are on both sides of the stairs.

## 3. Kitchen

- Never stand on chairs or boxes to reach cabinets or boxes to reach cabinets or shelves. Use a step stool with a bar to hang on to.
- Store food, dishes, and cooking equipment in easy-to-reach places.
- Clean up any liquid or food spilled on the floor immediately.