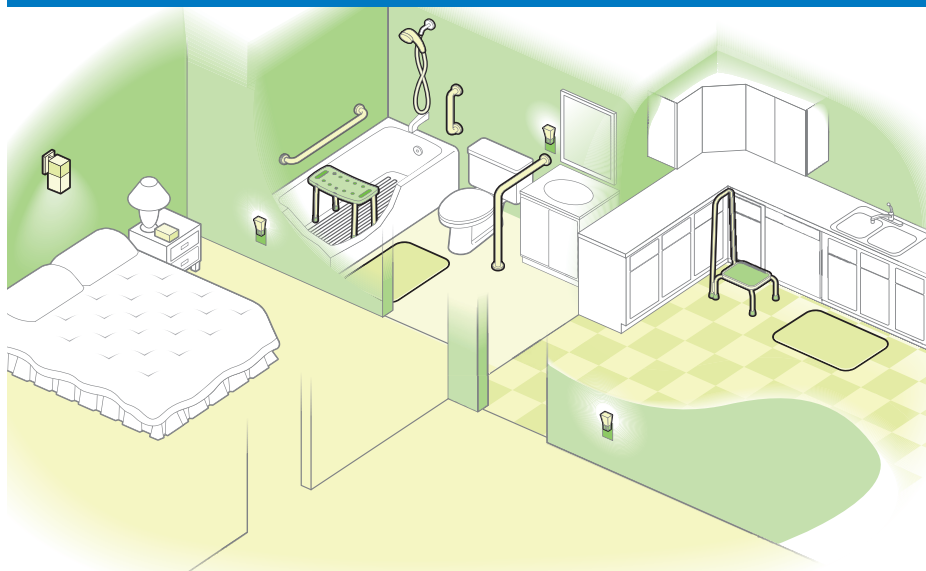


Home safety tips to minimize the risk of falling



As we get older, items in our home that used to be virtually harmless start to pose a greater risk. Carpets, stairs, floors – even pets can be dangerous. The good news is that many falls can be prevented.

Visit each room in your home.

Look at the space objectively and ask yourself: Is this safe? Would that make me trip?

What can I do to the room so I don't have to worry about falling?

Look at the common safety issues and solutions below.

Overall safety issues

All areas of my home are well lit

- Improve lighting with light-sensitive nightlights and/or motion detector lights that turn on automatically

My floor coverings are in good repair

- Repair torn/worn carpeting and linoleum
- Secure throw rugs with double-sided tape or no-slip rug pads. Or remove the throw rugs entirely.
- Replace shag carpet with low pile

The main walking areas are free of obstacles

- Rearrange furniture to allow a clear path
- Keep plants, tables, etc., along walls or in corners
- Clean up clutter

All my phone and electric cords are out of the way

- Remove all cords from walkways

Bedroom

The room is set up to help avoid stumbles

- Create a safe path around the room by rearranging furniture
- Clean up shoes, clothing, and other clutter
- Keep bedding tucked in

My light can be turned on & off without getting up out of bed

- Place a lamp or nightlight within reach of the bed
- Install a nightlight

Bathroom

My tub, shower and toilet have sturdy grab bars

- Install grab bars next to your tub, shower, and toilet. (Towel racks don't count—they can pull out of the wall.) *(Continued on the back)*

The floor of my bathroom, my tub, and/or my shower have non-slip surfaces

- Place non-slip mats or strips in the tub or on the shower floor
- Add two-sided carpet tape to keep a bathroom rug in place

My shower is designed to reduce risk of falls

- Add a sturdy shower seat
- Add a hand-held shower head with hose

My toilet is at a comfortable height

- Consider installing an elevated toilet seat

I have nightlights in the bathroom to help me see

- Get a light-sensitive nightlight that turns on automatically

Kitchen

The floor is designed to reduce the risk of tripping

- Place a rubber mat in front of the sink
- Repair rough flooring

The items I use most often are easy to reach

- Move the items you use most often to lower cabinets and drawers
- Use a step stool to reach items in high cabinets

Indoor stairways

All my stairways have handrails on both sides

- Install handrails for both hands—even on short sets of steps

The steps are slip-resistant and in good repair

- Attach carpet securely; repair any holes
- If steps are bare wood, add slip-resistant pads

Visibility is good on all my stairways and landings

- Install motion detector lighting
- Install light switches at both top and bottom of stairs
- Add contrasting paint or glow-in-the-dark tape to edges of stairs to make them easier to see

The stairway is kept clear

- Patrol your stairs regularly to make sure all objects are removed at all times

Outside

My walkways are well lit

- Install improved lighting
- Add motion and/or light-detection lights that turn on automatically

My stairs and walkways have non-slip surfaces

- Paint steps with a non-slip coating
- Arrange for regular removal of leaves and snow
- Repair broken stairs
- Add handrails to all stairs

The walkways are clear of clutter and hazards

- Move objects from the pathway
- Trim any shrubs or branches that hang into the walkway

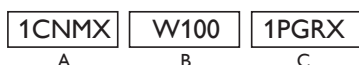
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Consult an occupational or physical therapist to assure correct positioning of safety equipment.