

# **SAFE AT HOME**

Check your home for tripping hazards.

- Move furniture so there is a clear path through a room.
- Remove rugs or use double-sided tape so they won't slip.
- Keep objects (books, toys, blankets) off the floor and stairs.
- Fix broken and warped steps and floors.
- Install grab bars in bathtubs or showers.
- Tubs and showers should have non-skid surfaces.
- Install a raised toilet seat.
- Install handrails and anti-slip strips on stairways.
- Install nightlights in the bedrooms, hallways, and bathrooms.
- Ensure well lit areas at the top and bottom of stairways.
- Repair loose stairway carpeting or boards.
- Keep most used items shelves at waist height or lower
- Coil or tape cords and wires to the wall.
- Install a light switch at both the top and bottom of stairways.
- Change burned out light bulbs.
- Improve visibility throughout the home with bright bulbs and consistent lighting.