

Tips to Prevent Falls at Home



BATHROOM

- Install handrails near toilet seats and shower area , don't close the toilet door
- Put a riser seat on the toilet



STAIRCASE

- Add handrails on both sides of the stairs
- Mark step edges with colored tape



LIVING-ROOM

- Remove obstacles, extra furniture and foot mats from your path.
- Keep frequently used items within reach



BEDROOM

- Keep you house well lit, easy to reach switches
- Wear close- fitting slippers with non-slip soles