

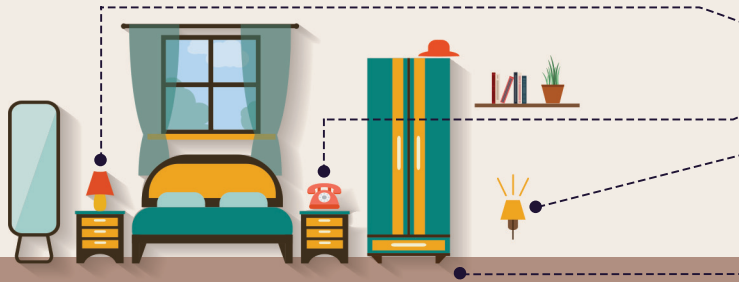
FALL-PROOF YOUR HOME



Your Home – Safe or a Deathtrap?

Every 19 minutes, an older adult dies from a fall. **Be safe – not a statistic!**

BEDROOM



- Light near your bed, easy to reach
- Phone next to bed
- Night lights on 24/7
- Clear path to bathroom

BATHROOM



- Grab bars near toilet, inside shower
- Non-slip mat in tub
- Night lights

LIVING ROOM



- Clear paths around furniture
- No throw rugs, toys, or clutter
- Cords and wires out of the way
- Tack down loose carpet

KITCHEN



- Step-stool for high shelves
- Everyday dishes in easy reach
- Clean up spills right away

STAIR SAFETY



Well-lit stairs



Sturdy handrails on both sides



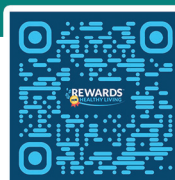
No books, papers, clothes, or shoes on the stairs



Non-slip strips on wood or tile steps

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