



# Fall Prevention Reminders

**Look out for yourself.** See an eye specialist once a year. Use night lights to light the path between your bedroom and bathroom.

**Tread carefully.** Stairways should be well lit from both top and bottom.

**Slippery when wet.** Use non-slip mats in the bathtub and the shower. Install grab bars next to bathtubs, showers, and toilets.

**Exercise regularly.** Ask your doctor about the best type of exercise for you.

**Take your time.** Get out of chairs slowly. Stand and get your balance before you walk.

**Clear the way.** Keep stairs and walkways, indoors and out, free of clutter and other obstacles.

**Be aware of uneven surfaces.** Use only throw rugs with rubber non-skid backing.

**Best foot forward.** Wear sturdy, well-fitted, low-heeled shoes with non-slip soles.



Information provided by the National Fire Protection Association (NFPA) and the Centers for Disease Control and Prevention

