

Fall Prevention in the Home



Bathroom

Install non-slip tape in tubs and shower.

Bedroom

Ensure adequate lighting and clear walkways.

Living Room

Secure area rugs and remove cords from pathways.

Kitchen

Have all ingredients and appliances within reach.



Make sure every room in the house has adequate lighting.



Install rails around stairs and staircases.



Clean up spills immediately.



Talk to your physician about medications and vision concerns about dizziness or balance issues.