

Fall Prevention & Safety Tips

Action Steps:

1. Keep trip hazards out of the pathways you use frequently.

- 2.

- 3.

- 4.

5. **Smile!** You are taking steps to improve your health and safety.

- 1 **Exercise regularly** to build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.
- 2 **Take your time.** Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.
- 3 **Keep stairs and walking areas free** of electrical cords, shoes, clothing, books, magazines, and other items.
- 4 **Improve the lighting** in and outside your home. Use nightlights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once a year—better vision can help prevent falls.



- 5 **Use non-slip mats** in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.
- 6 **Be aware of uneven surfaces** indoors and outdoors. If you must have scatter rugs, make sure they lay flat and do not slide when you step on them. Smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member or friend to clear ice and snow from outside stairs and walkways and always use hand rails if available. Step carefully.
- 7 **Stairways should be well lit** from both the top and the bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.
- 8 **Wear sturdy, well-fitting, low-heeled shoes with non-slip soles.** They are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.



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Fire Prevention & Safety Tips

Action Steps:

1. Test smoke alarms once a month.

2.

3.

4.

5. **Smile!** You are taking steps to improve your health and safety.



- 1 If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts before throwing them out or bury them in sand. Never smoke in bed or if oxygen is used in the home.

- 2 Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off heaters when you leave or go to bed.

- 3 Stay in the kitchen when frying food.** Never leave cooking unattended. Wear form-fitting or short sleeves when cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication.

- 4 Stop, drop, and roll.** If your clothes catch on fire stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over to put out the fire. If burned, use cool water for 3–5 minutes to cool the burn. Get medical help.

- 5 Smoke alarms save lives.** Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, use interconnected alarms. Make sure everyone in your home can hear the smoke alarms. Test the alarms monthly.

- 6 Plan and practice your escape from fire and smoke.** Know two ways out of every room. Make sure you can open all windows and doors in the plan. In a fire, get outside quickly. If there is smoke, stay low and go. Once outside, call the fire department. Wait for help outside.

- 7 Know your local emergency number.** Ask if it is 9-1-1 or a different number. Have a telephone near your bed in case you are trapped by smoke and fire.

- 8 Plan your escape around your abilities.** Determine if anyone in the home will need assistance to get out safely. Practice the plan twice a year both during the day and night. Have necessary items near your bed, such as glasses, your walker, or your cane.



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