

How to Prevent Falls

- 1. Ensure floor surfaces are slip-resistant and mats/carpets have a slip-resistant backing**
- 2. Wear appropriate footwear such as: slip-resistant soles, low heels, etc.**
- 3. Avoid wearing just socks on tile or wood floors**
- 4. Keep all walkways, ramps and stairs free of wet leaves, snow and clutter**
- 5. Keep items you use often in easy-to-reach places**
- 6. Keep floors dry and clutter-free**
- 7. Have good lighting in each room**
- 8. Securely fasten railings on both sides of all stairways**
- 9. Have 'grab bars' or rails in bathroom and stairways**
- 10. Use caution when getting in and out of the car**

