

HOME SAFETY:

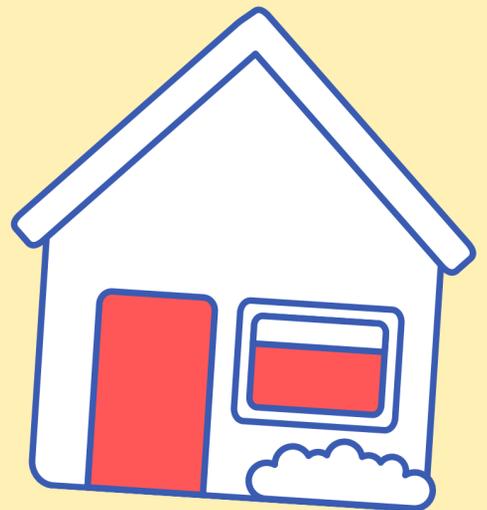
KITCHENS, STAIRS, &



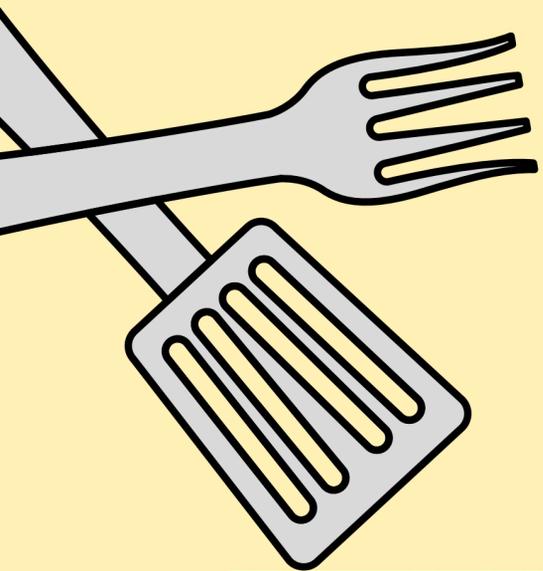
LAUNDRY

- Thousands of Americans fall every year, resulting in serious injury or death.

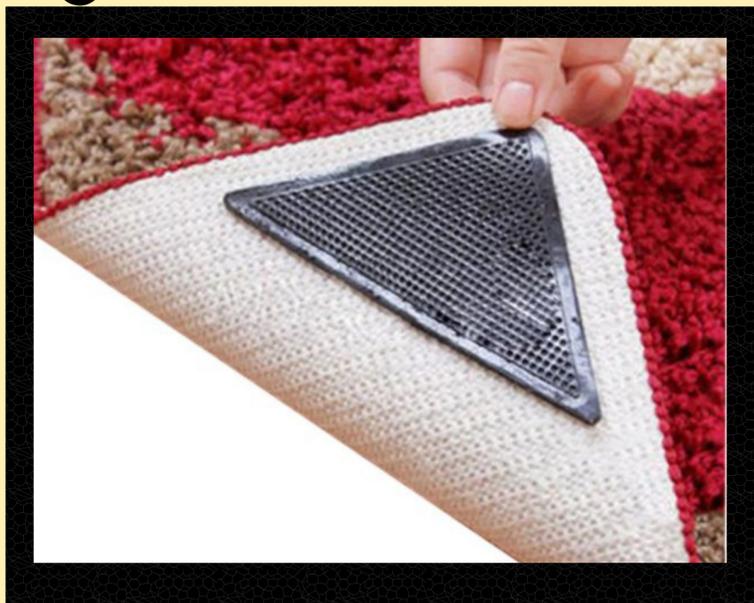
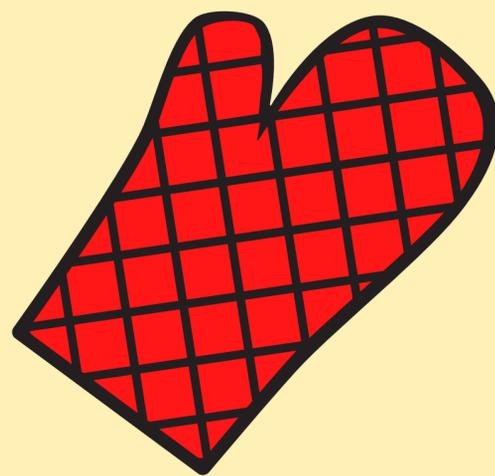
- Most falls are due to hazards in the home that are overlooked, but often easy to fix.



- Making small home modifications to prevent falls will allow for greater peace of mind for you and your loved ones!



KITCHENS



- Loose rugs on hardwood or tile flooring can be a slipping hazard!
- Removing loose rugs or installing non-skid tape can help eliminate the hazard!

- When feeling unsteady in the kitchen, many people reach for the counter to stabilize!
- In case of needing to steady oneself, keep countertops clean of clutter and sharp objects to prevent injury!



- Overreaching for objects in the kitchen can cause loss of balance!
- A good rule of thumb is to keep objects stored no higher than chest level!

STAIRS



- If you or a loved one struggle with using stairs in a multi-level home, consider moving all necessities to one level!



- Adding a basket to your walker makes transferring objects from room to room much easier!

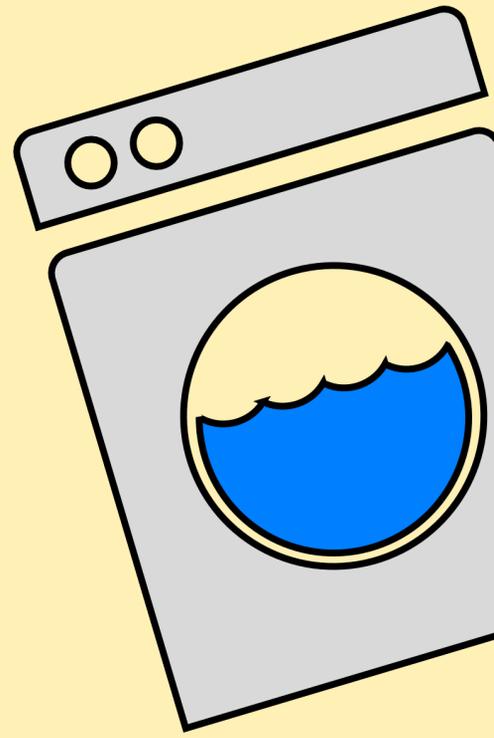


- It's important to make sure every set of stairs has one or two sets of handrails!





LAUNDRY



- Keep laundry room floor free of loose clothes to prevent from slipping on them!



- To conserve energy, consider using a laundry basket with wheels instead of one that needs carried!

