



Fall Free Friday



Home Safety in the Bathroom: A Fall Prevention Strategy

**FRIDAY,
OCT. 14, 2022**

10:00AM EST

**AAA7 FB
LIVE**

Grab Bars:
Help you to
balance while
standing or
maneuvering

**Raised
Toilet Seats:**
Make sitting
down &
getting up
from the
toilet easier

Lighting:
Gives you a
bright area to
complete your
morning
routine

Energy Conservation:
Rest breaks,
positioning, and
schedules help you
save energy!

Non-Slip Rugs:
Minimize fall risk on
a wet floor when
entering/exiting a
tub or shower

Visit: <http://www.lifealert.com/HELPButton.aspx> for
more information on the HELP button for Shower &
Bathroom Emergencies