

Prevent Falls at Home

Install handrails on sides of all staircases and ramps at the entrance steps



Install grab bars near toilet, shower area and wipe spillage on floor

Remove obstacles such as cables, foot mats and carpets



Ensure night lights in and easy to reach switches or lamp

Keep frequently used items in easily reachable places



**Use walker/ cane.
Have call bell for help**

Be Cautious, Stay Balanced — Your Safety Matters Most!