



HEALTHY YOU. HEALTHY SAVINGS.

Your home is your castle. Keep it safe to prevent costly accidents.



PREVENT FALLS

- Keep walk paths inside and outside well lit and clear of clutter, electrical cords, snow, ice, etc.
- Clean up grease, water and other liquids right away.
- Don't wax floors.
- Use rugs with nonskid backing.

- Install and use handrails on both sides of stairs.
- Use safety mats, grab bars, etc. in showers and tubs.
- If you need to reach items in high cabinets or on shelves, use a sturdy step stool with handrails.

- Install smoke alarms and a carbon monoxide detector. Check them at least every 6 months.
- Keep a working fire extinguisher handy.
- Keep medicines, vitamins, and all harmful substances out of children's reach. In case of accidental poisoning, call the Poison Control Center at 1.800.222.1222.