



# Be Safe: Prevent Falls

## *Plan for Success*

**S**ee that outside walking areas of your home and garage are well lit. If you can, install motion sensor lights for outdoor entries and walkways.

**U**se caution when walking in homes with pets and small children to avoid tripping over them and their toys.

**C**lear clutter from floors and stairs. Arrange furniture so there is a clear path for walking. Test if furniture is sturdy enough to lean on.

**C**lean up spills on floors right away. Wear nonskid shoes.

**E**xercise on a regular basis. Do regular weight bearing exercises, such as walking, to help keep bones strong. Improve balance with yoga or tai chi. Strengthen muscles by lifting hand weights.

**S**it when you put on your shoes or slippers. Use a long handled shoe horn, if needed. Wear shoes and slippers that fit well.

**S**witch positions safely. If you use a walker or a wheelchair, be careful when you go from standing to sitting and vice versa. Make sure that:

- The wheelchair or rolling walker's brakes are on.
- You are holding on to the device's handles or arms.
- You are close to the chair, bed, toilet, or other place you are transferring to.

