



Be Safe: Prevent Falls

Plan for Success

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

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

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

Clean up spills on floors right away. Wear nonskid shoes.

Exercise 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.

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

Switch 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.

