

**Most falls occur at home. Stay safe and independent in your home by following these simple suggestions.**

### **Keep Your Path Clear**

- Move books, boxes, shoes and clutter out of your path and off stairs.
- Move extension, appliance and telephone cords that you can trip over.
- Watch where your pets are sleeping or lying down.
- Rearrange furniture to allow a clear path. If the furniture is heavy, ask for help.

### **Don't Give Your Feet a Reason to Trip**

- Put away those throw and scatter rugs!
- Apply double-sided tape to the back of carpet to keep it from moving. Double-sided tape costs \$3 to \$7 at a hardware or discount store.
- Take your time when getting to the phone or to answer the door. Rushing may cause you to trip and fall.
- When walking up and down stairs, take your time and use the handrail.

### **Brighten Up Your Apartment or House**

- Turn the lights on as you move through the house and up and down the stairs.
- Use nightlights to brighten bedrooms, halls and bathrooms.
- Have a lamp or flashlight and your glasses within easy reach of your bed.
- Keep a small flashlight on your keychain. A keychain flashlight costs \$2 to \$10 at a discount store or sporting goods store.
- When spending the night away from home, take along a flashlight so when you wake up in an unfamiliar room you can find your way to the bathroom.

### **Keep Your Bathroom Fall Free**

- Use a non-slip mat in the tub or shower. Non-slip mats cost \$5 to \$7 at a hardware store, discount store or medical supply store.
- Use a bath bench or shower stool. These items cost \$21 to \$30 at a discount store, medical supply store, or ask for help ordering one on-line.
- Install a grab bar by the toilet and in the tub or shower. A towel rack doesn't work — it can pull out of the wall. Call the Senior LinkAge Line® (1-800-333-2433) to find a professional who installs grab bars.

Learn more at our website:  
[www.mnfallsprevention.org](http://www.mnfallsprevention.org)  
or call the Senior LinkAge Line®  
at 1-800-333-2433.