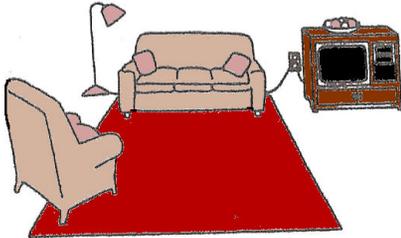


Guard Against Slips, Trips, and Falls

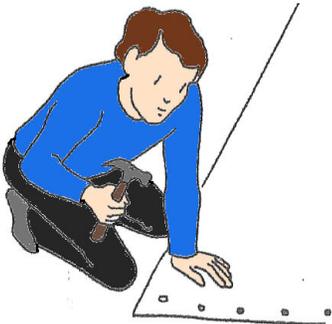
CLEAR WALKING AREAS

Make sure all cords are out of the way. Keep hallways and high traffic areas free of clutter such as books, clothes, toys, and boxes.



SECURE AREA RUGS

Use tacks, rubber pads or carpet take to keep area rugs in place. Remove area rugs in the bathroom and kitchen.



KEEP STAIRWAYS WELL LIT

Make sure both top and bottom light switches work. Replace burned-out bulbs immediately.

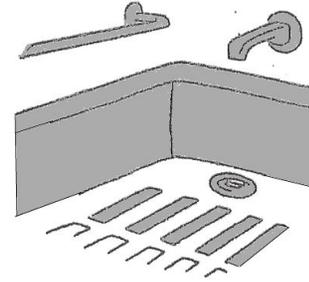


REPAIR ANY HOLES IN CARPETING

Be sure to fix any flooring that is warped or buckled, too.



INSTALL NONSKID TREADS ON BATHTUB.



USE NIGHT LIGHTS

Put them in bedrooms, bathrooms, hallways, etc.



PLAY IT SAFE IN DAY-TO-DAY LIVING

Patient at home can do a lot to avoid falls and other mishaps:

- Limit or avoid alcohol use.
- Be aware of any side effects from medications (dizziness).
- Have vision and hearing tested. Correct any problems, if possible.
- Rise Slowly after eating or sleeping. Low blood pressure can cause dizziness at these times.
- Keep nighttime thermostat settings above 65F. A low body temperature could lead to dizziness and other health concerns (Hypothermia).