



ADAMS COUNTY FIRE RESCUE

Fall Prevention Tips

- **Exercise regularly.** Regular exercise builds strength and improves balance and coordination. Ask your doctor about the best physical exercise for you.
- **Take your time.** Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.
- **Keep traffic areas clear.** Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines and other household items.
- **Improve lighting.** Use nightlights or a flashlight to light the path between your bedroom and bathroom. Turn on the lights before using the stairs. See an eye specialist once a year; better vision can help prevent falls.
- **Use non-slip mats.** Use non-slip mats in the bathtub and shower floors. If necessary, have grab bars installed on the wall next to the bathtub, shower and toilet. Wipe up spilled liquids immediately.
- **Be aware of uneven surfaces.** Be aware of uneven surfaces both indoors and outdoors. Use only throw rugs that have rubber, non-skid backing. Consider placing non-skid rug pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Clear ice and snow from outside stairs and walkways, or ask a friend or relative to help you. Always use hand rails if available. Step carefully.
- **Have lit stairways.** Stairways should be well lit from both the top and the bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.
- **Wear proper shoes.** Wear sturdy, well-fitting, low-heeled shoes with non-slip soles. These are safer than high heels, thick-soled athletic shoes, slippers or stocking feet.