

# 1 Fall Safety Card

## Exercise regularly.

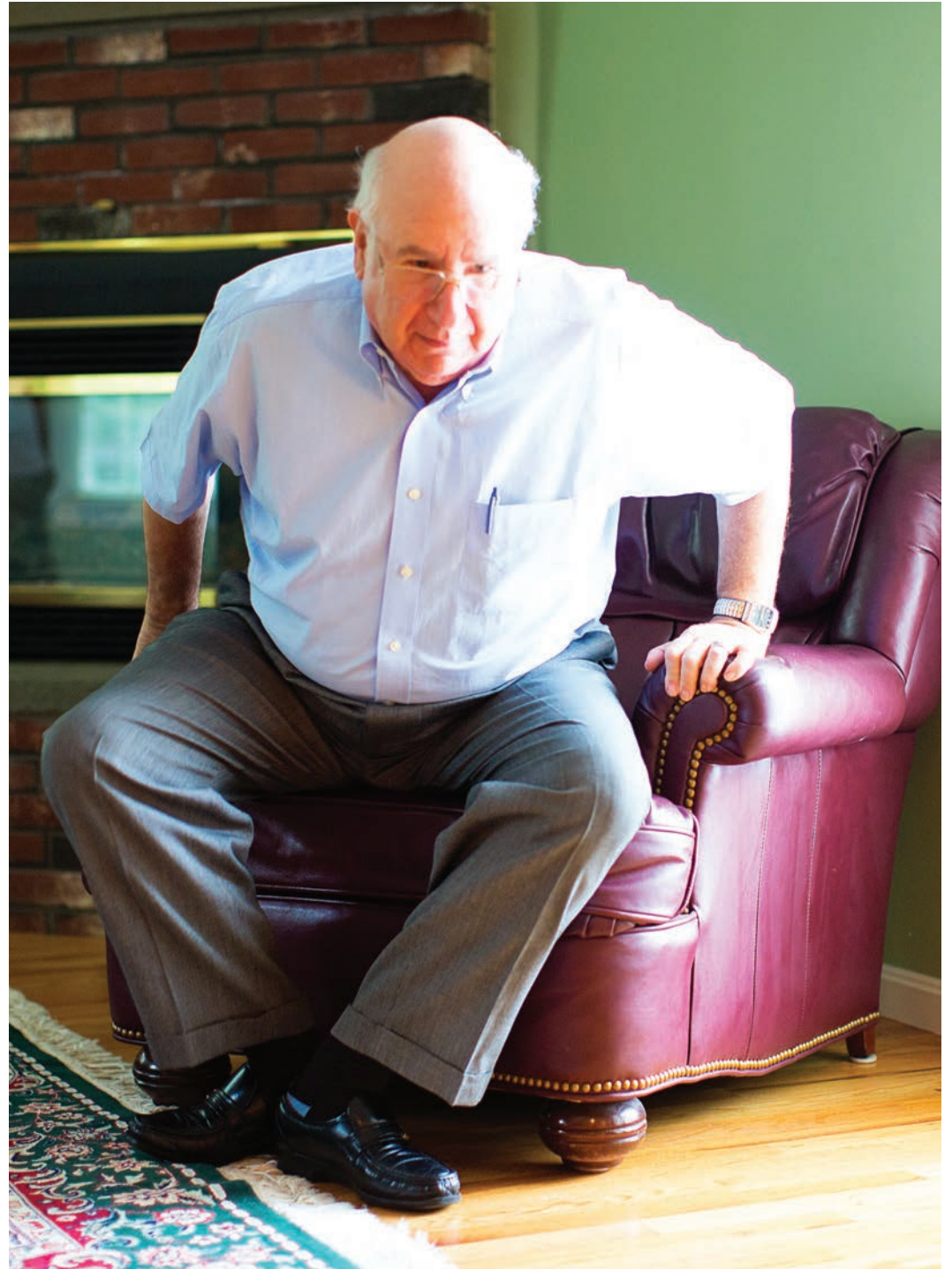
Exercise regularly to build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.



## 2 Fall Safety Card

# 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.



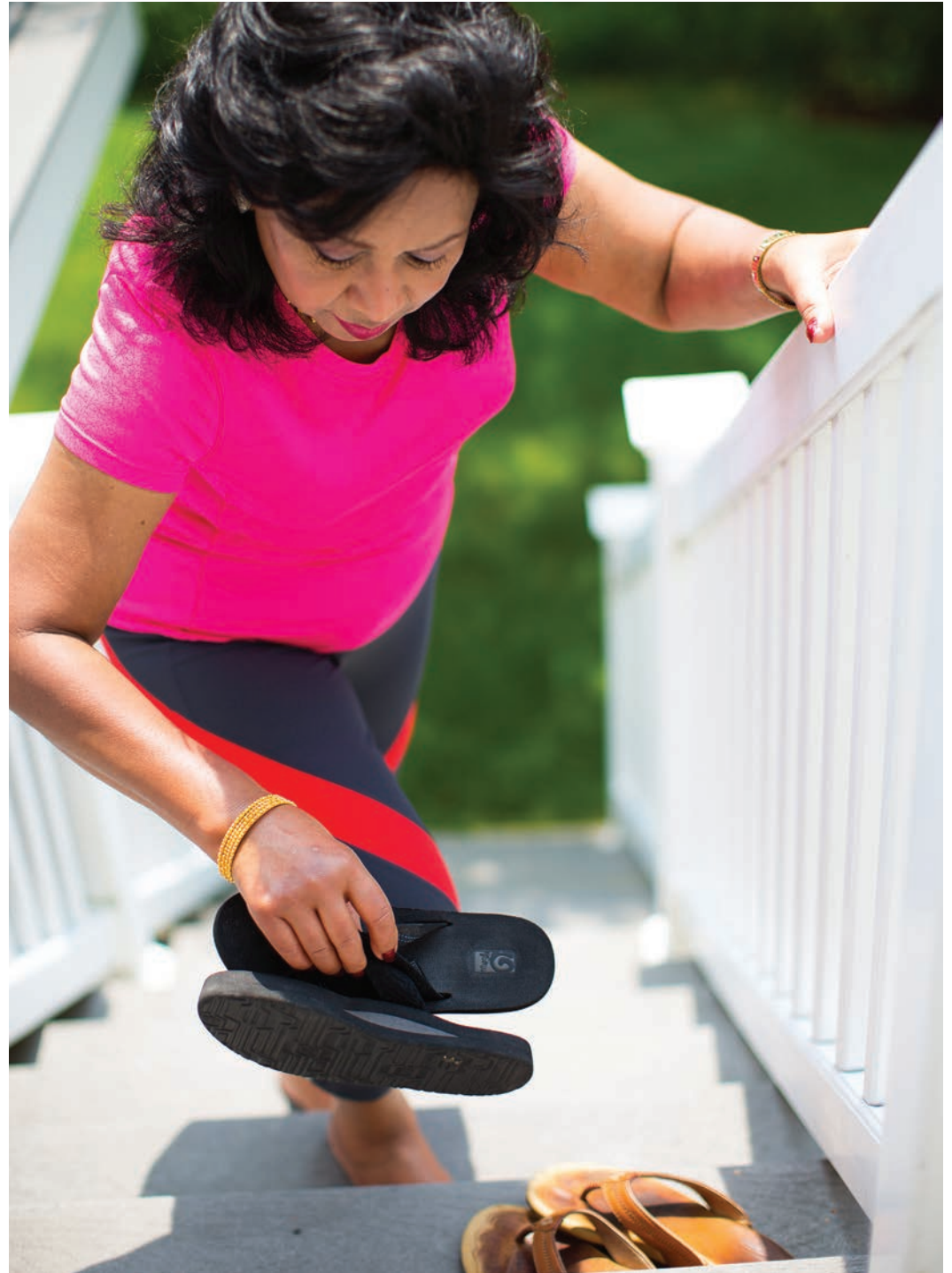
 **Remembering When™**  
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

  
CENTERS FOR DISEASE  
CONTROL AND PREVENTION

# 3 Fall Safety Card

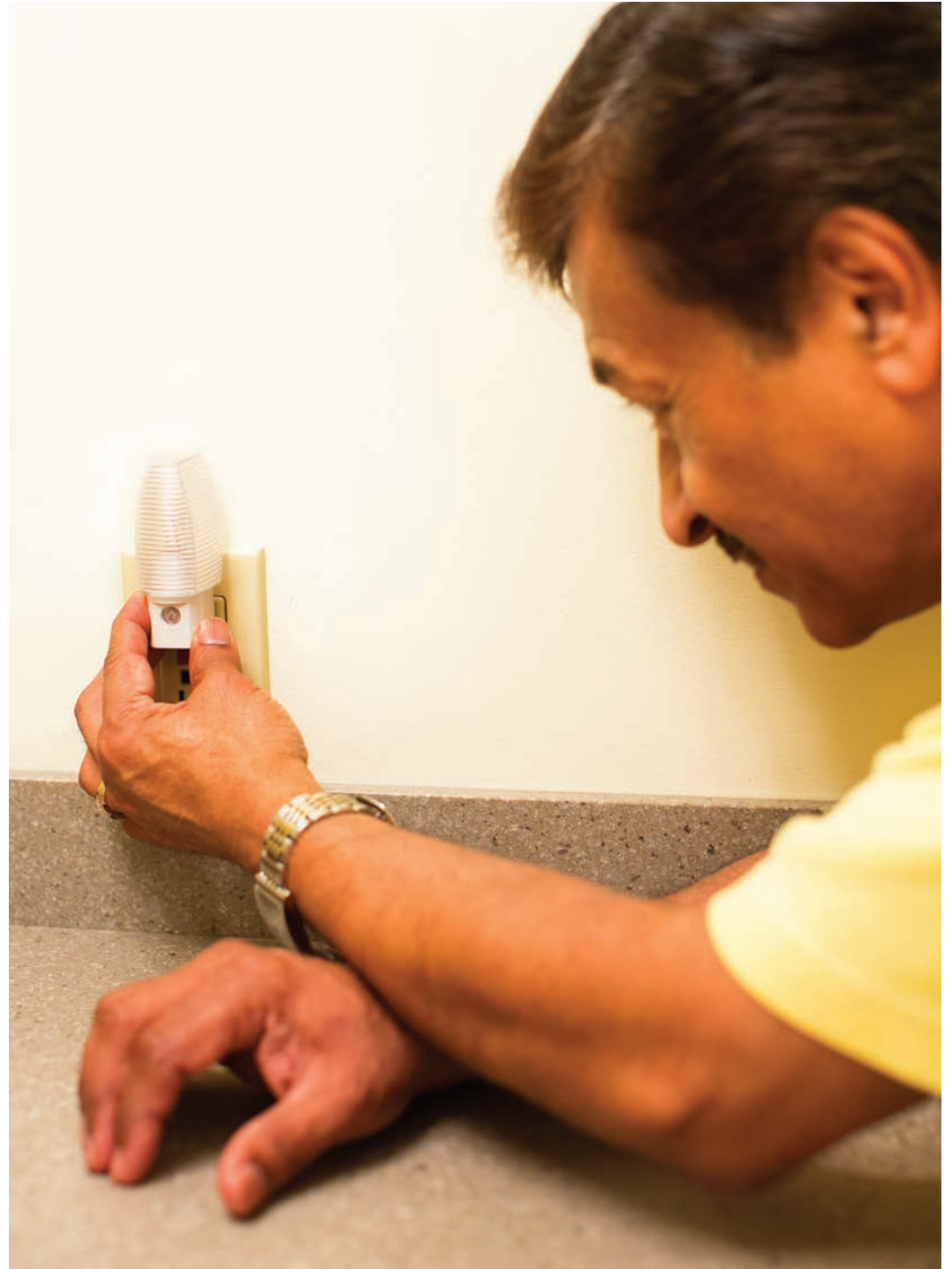
## Keep stairs and walking areas clear.

Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other treasures.



## Improve the lighting in and outside your home.

Use nightlights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once a year—better vision can help prevent falls.



# 5 Fall Safety Card

## Use non-slip mats.

Use non-slip mats in the bathtub and on shower floors. 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 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. Ask a family member or friend to clear ice and snow from outside stairs and walkways and always use hand rails if available. Step carefully.



## Stairways should be well lit.

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.



# 8 Fall Safety Card

## Wear sturdy, well fitting 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.

