

Home Safety Tips

Falls account for an average of 5.1 million injuries and nearly 6,000 deaths each year. Walk through your home to identify and remedy potential fall hazards, and follow these handy tips to reduce the likelihood of fall-related injury.



- **Have handrails on both sides of stairs and steps.**
- **Make sure handrails go from the top to the bottom of stairs.**
- **Keep walkways and stairs clean of clutter.**

- **Have lots of lights at the top and bottom of stairs.**



- **Have nightlights in the bathroom, hallway, and bedrooms.**
- **It's easy to trip on area rugs. Remove area rugs, as they are a high trip hazard.**

- **Keep commonly used items within reach, so you don't have to bend or climb.**



- **Wipe up spills when they happen.**
- **Have a mat or non-slip strips in the tub and shower.**
- **Have grab bars in the tub and shower.**
- **Have a bath mat with a non-skid bottom on the bathroom floor.**



For more information about falls prevention, please call 703-0874 or 703-0880.

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