

# Fall prevention doesn't happen by accident.

Take action and learn how to prevent falls with these safety tips.



## Ask your healthcare provider about your medications.

Make sure the dosages are appropriate and check to see that you aren't taking a combination of things that could cause light-headedness or drowsiness—which can lead to falling.



## Keep moving.

Regular exercise, like a daily walk, maintains muscle strength and helps with balance and stamina.



## Safety first!

Watch for hazards inside your home: Remove throw rugs and keep floors clutter-free. Make sure staircases have handrails on both sides. Install safety rails in the bathroom and consider tub/shower chairs.



## Light up the house.

Use lamps that allow at least 100-watt bulbs and nightlights in hallways.



## Does the shoe fit?

Make sure it does. Also, don't walk barefoot, or in just socks. Avoid floppy slippers, sandals and high heels.

## Use assistive devices.

Ask your treating practitioner about devices that could help you get around your home without falling, like a cane, a walker, a manual wheelchair or a power wheelchair.



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