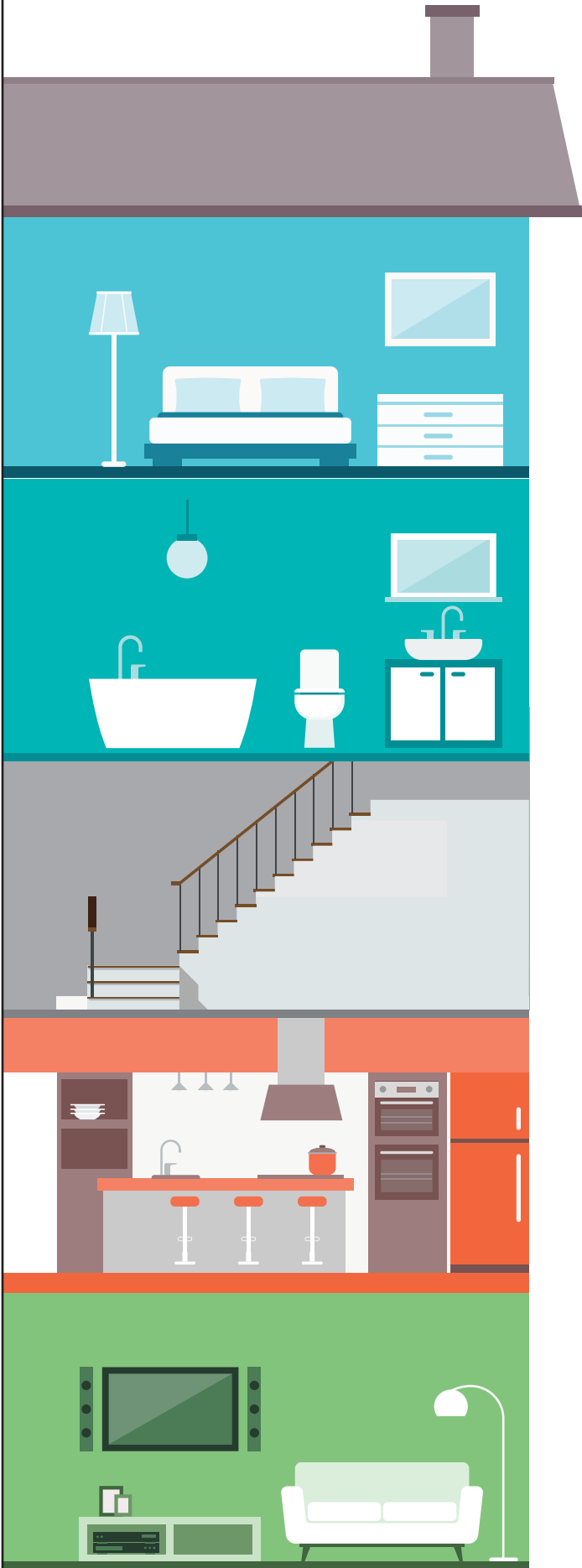


Trauma Services

Fall Prevention Tips for Seniors



Bedroom

- Keep a lamp, light switch, or a night light near your bed
- Sit down to get dressed
- Keep loose items off the floor

Bathroom

- Install a grab bar
- Use a raised toilet seat
- Purchase only non-slip mats or rugs

Stairs

- Add handrails on both sides
- Install anti-slip strips on each step
- Make sure the stairs are well lit

Kitchen

- Keep commonly used items within reach
- Remove throw rugs
- Never use a chair as a step stool

Living Room

- Use cordless phones
- Remove throw rugs
- Use cushion or chair risers if a chair is too low