

# 5 STEPS TO STAY SAFE AT HOME

## Protect Every Step In Your House



### 1. Clear Your Walking Path

- put away rugs, cords, toys
- Keep your home bright and easy to walk



### 2. Keep Important Things Close

- keep phone, glasses, medicines nearby
- have a lamp next to your bed



### 3. Use a Walker/Cane

- get up slowly, don't rush
- use your walker every time
- do not adjust it yourself



### 4. Wear Safe Shoes

- wear shoes with non-slip soles
- do not wear socks only
- do not wear loose slippers



### 5. Ask For Help

- have someone check on you every day
- if you feel dizzy, call for help
- do not wait

Tel: \_\_\_\_\_ Name: \_\_\_\_\_