

5 STEPS TO STAY SAFE AT HOME



1. Clear Your Walking Path

- Put away rugs, cords, and toys
- Keep your home bright
- Use grab bars in the bathroom



2. Keep Important Things Close

- Keep phone, glasses, medicines nearby
- Know your medicines and when to call help
- 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
- Feeling weak or dizzy? Call for help
- Do not wait

Tel: _____ Name: _____