

By reducing clutter, moving obstructions, ensuring there is adequate lighting, and repairing uneven surfaces, you can create a safer environment for everyone in your household.

- Use cable organizers to keep cords out of walkways. Re-route extension cords so they do not become a trip hazard.
- Arrange furniture in a way that provides clear walking paths.
- Put garden hoses, tools, and yard equipment away when not in use.
- Tidy up landscaping that begins to extend onto outdoor walkways.
- Secure loose or wrinkled rugs and carpets with double-sided tape or non-slip pads.
- Inspect stairs regularly for damage and repair as needed.
- Install handrails on both sides of staircases. Apply non-slip treads or strips to stair surfaces.
- Repair or replace damaged pavement, steps, or other walking surfaces.
- Use sand, salt, or ice melt products to prevent slippery conditions in winter.
- Clean up spills immediately. Quickly pick up ice cubes that fall onto the floor.
- Use non-slip mats or rugs in areas prone to wetness, such as the kitchen or bathroom. Add non-slip strips into the shower or bathtub, if needed.
- Install adequate lighting in all areas of your home.
- Replace burned-out lightbulbs promptly, inside and outside. Choose energy-efficient LED lightbulbs that last longer.
- Use nightlights in hallways and staircases for added safety at night.
- If you need to walk in darkness to access a light switch, add additional lighting or switch to a remote-controlled lighting system.
- Consider using motion-activated outdoor lights for added safety and convenience.



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Promote and encourage safe habits around the home to prevent slips, trips, and falls. Practice these safety tips yourself and remind everyone in the household when needed.

- Wear appropriate footwear when walking outside, particularly in wet or icy conditions.
- Use caution when navigating outdoor spaces at night or in inclement weather.
- Put away items when they are not in use, especially if they create clutter on the floor or outside on the ground.
- Do not leave anything laying in common walkways, inside or outside. Small items are slip hazards, and larger belongings become trip and fall hazards.
- If you need to reach up high, use the correct ladder for the job. Do not stand on top of other items like chairs, tables, patio furniture, or countertops.
- Do not set up a ladder on an uneven surface. If you cannot use a ladder safely, do not use it.

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