

Falls put you at risk of serious injury. Prevent falls with these fall-prevention measures.

Many falls and fall-related injuries are preventable with fall-prevention measures.

Salt your Walkways

Winter can cause a major fall hazard with slick, icy and snowy walkways. Be sure to sprinkle “ice-melt” or salt on the walkways that are commonly used. Also make sure that all pathways are frequently shoveled. Melting and removing ice from pathways can prevent injury to you and all of your guests.

Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead:

- Buy properly fitting, sturdy shoes with nonskid soles.
- Choose lace-up shoes instead of slip-ons, and keep the laces tied.
- Select footwear with fabric fasteners if you have trouble tying laces.



Remove home hazards

As part of your fall-prevention measures, take a look around you — your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with booby traps. Clutter can get in your way, but so can the decorative accents you add to your home. To make your home safer, you might try these tips:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Immediately clean spilled liquids, grease or food. .

- Use non-slip mats in your bathtub or shower.

Light up your living space

Keep your home brightly lit with 100-watt bulbs or higher to avoid tripping on objects that are hard to see. Don't use bulbs that exceed the wattage rating on lamps and lighting fixtures, however, since this can present a fire hazard. Also:

- Place a lamp near your bed and within reach so that you can use it if you get up at night.
- Turn on the lights before going up or down stairs. This might require installing switches at the top and bottom of stairs.
- Store flashlights in easy-to-find places in case of power outages.

