

# Home S.A.F.E. Initiative: 6 Steps to Prevent a Fall

Every **13 seconds**, an older adult is seen in an emergency department for a fall-related injury.

**Many falls are preventable.**

*Stay safe with these tips!*

1

## Remove Tripping Hazards

Remove clutter and obstructions in major walkways around the home.



2

## Increase Lighting

Improve lighting within and outside the home to ensure visibility.



3

## Make Safety Repairs

Repair weak spots, holes, and rippled flooring, retrofit bathrooms and other areas of the home to prevent falls.

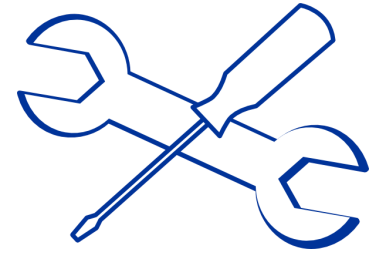


CONTINUES

4

### Install Grab Bars

Keep your bathroom safe by installing grab bars to help with balance.



5

### Fire Safety, Steps and Doorways

Install 10 yr. smoke detectors and CO2 Alarms. repair steps, porch, and ramps for safe entry ways to home.



6

### Talk to Your Family Members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue, it's a family concern.



To learn more, visit [www.bho2020.org/home-safe](http://www.bho2020.org/home-safe)

Connecting People to Preparation, Resources, and Opportunities

(910)253-0699

[www.bho2020.org](http://www.bho2020.org)

Adopted from the National Council on Aging.