

Home SAFE Initiative:



1. Remove Tripping Hazards

The following checklist can help older adults reduce their risk of falling at home:

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs
- Use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Use non-slip mats in the bathtub and on shower floors.
- Wear shoes both inside and outside the house.
- Avoid going barefoot
- Avoid wearing slippers that are not secure to your feet.

Falls are Preventable!



Connect People to Opportunities

To learn more, visit
www.bho2020.org/home-safe
(910) 253-0699

