

## What can you do to prevent falling?

- **Wear** appropriate footwear.
- **Install** railings in hallways and grab bars in the bathroom and shower to prevent slipping.
- **Be sure** you have adequate lighting throughout your house.
- **Install** non-slip strips or a rubber mat on the floor of the tub or shower.
- **Remove** throw rugs or secure them firmly to the floor.
- **Use** a nightlight when getting out of bed at night.
- **Know** your limitations. If there is a task you can't complete with ease, do not risk a fall by trying to complete it.