

# Spring Cleaning Tips to Help Seniors Prevent Falls

## Clean Up Safety Hazards

Evaluate the overall safety of your home and identify possible problems that may lead to falling. Here are some things you can do to make daily activities less challenging and safer:



- Install handrails on both sides of stairs to support balance. Stairs should be in good repair, have strong, secure handrails, adequate lighting, and non-skid surfaces.
- Make sure walking paths are uncluttered and well lit. Remove unnecessary furniture that obstructs safe walking. Scatter rugs should be secured or removed.
- Adequate lighting is important throughout the house. Make sure you have a light near the bed that is in easy reach.

## Bathroom

- Add non-skid adhesive textured strips to the tub or shower floor to avoid slipping.
- Remove all throw rugs that are not slip-resistant or use double-sided carpet tape to keep rugs from slipping.
- Install handrails and/or grab bars on the bathroom walls, especially near the toilet, bathtub or shower to help maintain balance.