

TAKE FIVE STEPS TO ENSURE YOUR SAFETY WITH REGARD TO SHOES, TRIP PREVENTION, EXERCISE, MEDICATION AND SIGHT

1. Make sure your footwear fits well, has non-slip soles, is in good condition and appropriate for the activity or weather at hand.
2. Follow the following trip prevention tips in the home:
 - Remove all scatter and throw rugs if they pose a tripping hazard or do not have non-slip backing.
 - Repair or replace worn or torn carpeting. Short, dense-pile carpets have the best durability.
 - Use non-slip, no-wax flooring.
 - Make sure all electrical, phone, computer and extension cords are secured and out of the way.
 - Keep pathways, hallways, stairs and exits open and free of clutter, especially between bedrooms and bathrooms.
 - Make sure there is good lighting throughout your house. Use brighter bulbs, especially on stairs and nightlights in areas of nighttime traffic, especially in the bathroom. Increase natural light by opening curtains, shades and blinds.
 - Use lampshades that reduce glare.
 - Arrange furniture so you can easily get around it.
 - Make sure electrical outlets and light switches are easy to reach.
 - Install handrails on both sides of stairways and at an appropriate height. (Use them!)
 - Add reflective, non-slip tape or paint on the top edge of all non-carpeted steps.
 - Watch out for a single step. (People often trip when there is a single step.)
 - To reach upper shelves, use a sturdy stepstool with handrails. Never stand on countertops or chairs.
 - Wipe up spills right away to avoid slipping.
 - Use rubber bathmats or non-slip decals in the bathtub/shower. Secure bathroom rugs to the floor with double-sided carpet tape.
 - Install grab bars near the commode and in the tub area.
 - Repair broken or uneven pavement on walkways and driveways.
 - Remove any shrub or tree roots sticking out of the ground.
 - Keep outside steps and walkways free of wet leaves, ice, snow and other debris.
 - Remove any moss or mold that is growing on walkways, driveways or steps.
 - Ensure adequate lighting around the outside of your house and garage. Install motion sensor type floodlights where appropriate.
 - Immediately clean oil or grease spills on driveways and garage floors.
 - Install handrails on both sides of any flight of outdoor steps.
3. Exercise regularly to improve your balance, coordination and body strength.
4. Be aware of medication restrictions. Drugs may affect alertness and balance.
5. If you wear glasses or contacts, have your vision checked once per year. Poor vision directly affects balance.