



Help Reduce Fall Hazards

- Remove clutter from halls and stairs
- Remove or secure throw rugs
- Keep floors dry and in good repair
- Use night lights in bedrooms, bathrooms, and hallways
- All rooms should have good lighting, especially hallways and stairs
- Stairs should have a strong handrail
- Vary the colors at floor level so you can see where steps and edges are
- Keep the most-used items on lower cabinet shelves
- Use handrails in tubs and next to toilets
- Use safety toilet seats to make standing and sitting easier
- Use mats in showers and tubs

Ideas from the Washington State Department of Social and Health Services' "Family Caregiver Handbook."