

# Senior Citizen Safety

## Fall Prevention

Falls are the leading cause of unintended death in the home. Those over the age of 65 are more likely to have a fall leading to death or permanent disability. Following these simple tips may reduce the chance of a dangerous fall.

### Exercise Regularly



Regular exercise helps build strength and improves balance and coordination. Ask a doctor about the best exercise for you.

### Take Your Time



Get out of chairs slowly. Sit a moment before getting out of bed. Stand and gain balance before walking.

### Keep Clear Paths



Remove items from stairs and out of the way of foot traffic.

### Improve Lighting



Use night lights or flashlights to illuminate hallways and/or outdoor pathways. Be sure stairs are well-lit before using.

### Use Non-Slip Mats



Non-slip mats increase safety in the bathtub and shower.

### Beware of Uneven Surfaces



Always watch for uneven surfaces. Only use rugs with a non-skid backing. Smooth out wrinkles in carpet. Use grab bars (when available) and consider adding them throughout the home.

### Wear Sturdy, Well-Fitting Shoes



Low-heeled shoes with non-slip soles are best. Avoid high heels, thick-soled athletic shoes, slippers, or stockings.

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