



# a fall before it happens

## Home Safety Tips

### Bathroom:

- I use a rubber bath mat for tub and shower, or my tub/shower already has a non-slip surface. Install the mat when the tub is dry.
- I use sturdy grab bars (not soap dish or towel rack) which are installed next to the toilet and bath.
- I can get on and off the toilet easily. If needed, I use a raised toilet seat and a bath seat in the shower.
- The way to my bathroom is well lit and clear of obstacles. There is good lighting throughout my home. Clutter is removed.
- I take a cordless phone with me into the bathroom. If I slip or fall in the tub or shower I can phone for help.



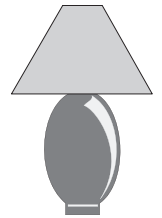
### Stairs:

- My stairs have a non-slip surface.
- I use a hand rail when going up and down stairs. Firmly anchored hand rails are installed on both sides of the stairway, extending past the top and bottom step.



### Bedroom:

- Items I use regularly are within reach. I use a cordless phone to avoid rushing to answer.
- I can reach a light/lamp switch from my bed.



### Living Area:

- I have removed all my scatter rugs and loose carpets.
- If I do have carpets, they all lie flat and have non-slip carpet backing under all of them.
- Small rugs are fastened with double-sided tape or tacks to hold rugs down safely.



**Falls are preventable –  
reduce your risks.  
Keep your home free  
of hazards.**

For more information call Toronto Health Connection,  
416-338-7600 or visit [www.toronto.ca/health](http://www.toronto.ca/health)

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