

SPRING FORWARD SAFELY



As we welcome the warmth of spring, it's the perfect time to refresh our homes, tidy up, and ensure that our living spaces are as safe as possible.

This season of renewal is a great opportunity for a spring cleaning with Safety in Mind, especially for those at risk of falls. We all know how dangerous it can be to trip or stumble, but the good news is that there are simple, effective ways to reduce hazards around the home.

Here are some practical tips and advice to help keep you or your loved ones safe!



hello SPRING

Declutter the Floors

Clutter is one of the most common causes of falls, especially in high traffic areas. During your spring cleaning, take extra care to remove items from walkways, hallways, and stairs.



What to Do:

- Pick up shoes, books, cords, and any other items that might cause a tripping hazard.
- Store items in easily accessible places to prevent bending or reaching.

Brighten your Home

Evaluate the lighting in your home to ensure it is adequate for the space.



What to Do:

- Replace any burned-out bulbs and consider adding night lights in hallways, bathrooms, and stairways.
- Ensure light switches are easy to reach, especially if you have mobility challenges.



UPCOMING EVENTS

03/19/25

Senior Breakfast
Event
Town Square

03/20/25

Thrive in 2025:
Wellness Tips for
Seniors-ArchWell

03/25/25

Parkinson's
Support Group

03/26/25

Introduction to
Falls Prevention

03/27/25

Chair Yoga for
Seniors

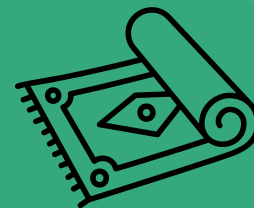
***Details and
registration for
events on next page***

Check Your Rugs and Carpets

Loose rugs and carpets can slip and cause dangerous falls. Now's the time to secure them!

What to Do:

- Use non-slip rug pads under rugs and carpets to prevent slipping.
- Consider removing rugs in high-traffic areas, especially in places where you walk frequently.



Evaluate Your Bathroom

The bathroom is a high-risk area for falls. Ensuring that this space is fall-proof is a key part of spring cleaning.

What to Do:

- Install grab bars near the toilet, shower, and bathtub.
- Use non-slip mats or decals in the shower or bathtub.
- Check your shower and tub for any cracked or uneven surfaces.



Tidy Up Your Stairs

Falls on stairs can be serious, so make sure your stairways are safe and accessible.

What to Do:

- Check the handrails to ensure they are secure and easy to grasp.
- Keep stairways clear of objects and ensure that there is adequate lighting.



Maintain Your Outdoor Spaces

The outdoors is just as important as the inside when it comes to fall prevention. Slip and trip hazards can be found in gardens, walkways, and patios.

What to Do:

- Keep walkways clear of leaves, branches, and debris.
- Ensure outdoor lighting is working well, especially near steps or uneven surfaces.



Check Your Health

Spring cleaning is also a great time to check in on your health and see if there are any changes that could affect your balance.

What to Do:

- Schedule an eye and ear exam to make sure you are up-to-date.
- Review any medications with your doctor to ensure they aren't causing dizziness or affecting your balance.



Stay connected by checking out our website!

www.themanateecountyfallspreventioncoalition.org

EVENT REGISTRATION LINKS



[Introduction to
Falls Prevention
Registration](#)



[Parkinson's
Support Group
Registration](#)



[Senior Breakfast
Event](#)



[Thrive in 2025](#)



[Senior Chair Yoga](#)