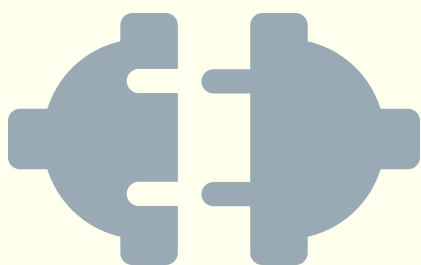# Simple Home Modifications to Prevent Falls

## HERE ARE 5 WAYS TO PREVENT FALLS IN YOUR HOME

1.) REDUCE CLUTTER

Extension cords and other electronic wires can get in the way of your safety. Shoes and other small items should be stored in a closet or in a bin to remove any hazards from the floor.

2.) INSTALL BETTER LIGHTING

Replace old light bulbs throughout your home to optimize lighting. Use hallway and bathroom nightlights. Use task lighting in kitchens and bathrooms.
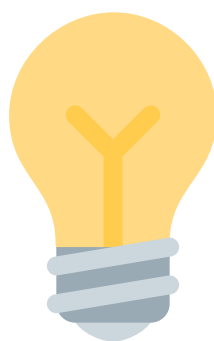
3.) REMOVE THROW RUGS

Throw rugs are a common tripping hazard in homes. They are often unnecessary and can be easily removed to help prevent falls risk.

4.) INSTALL GRAB BARS

Grab bars are an affordable and easy solution to install in bathrooms, hallways, and other living spaces to offer increase support.

5.) USE A REACHER

if something is out of reach, don't risk falling for to retrieve it. Invest in a long-handled reacher or ask for help. Place commonly used items in easy to reach places.