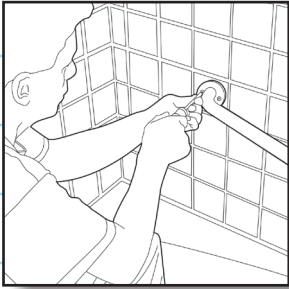


# Prevent Falls



**1.**

Have grab bars in the tub and shower.



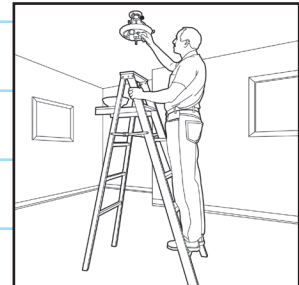
**2.**

Have bright lights over stairs and steps and on landings.



**3.**

Have handrails on both sides of the stairs and steps.



**4.**

Use a ladder for climbing instead of a stool or furniture.



**5.**

If babies or toddlers live in or visit your home, use baby gates at the top and bottom of the stairs.



Visit the Home Safety Resource Center at [www.homesafetycouncil.org/homesafetymonth](http://www.homesafetycouncil.org/homesafetymonth) for FREE information, including posters, brochures, safety checklists and additional tips to help keep your family safe.