

Florida Healthcare Associates  
**Tips for Fall Prevention**



- Keep the floors clear of clutter
- Put grab bars on bathroom walls near shower, tub and toilet
- Use nonskid bathmat in tub
- Allow a safe path to the mailbox clear of uneven sidewalks, gravel, or stones
- When in parking lots be mindful of steps, parking bumpers, and uneven surfaces
- Keep a flashlight next to your bed
- Do **NOT** use throw rugs or carpets
- Do **NOT** use Febreze or other sprays that can make floors slippery
- Wear low-heeled, closed toed shoes with tread
- Keep objects on lower shelves and within reach
- Consider getting an alert button
- Use a walker/cane **AT ALL TIMES** even in the home for short distances
- Get vision checked at least once yearly