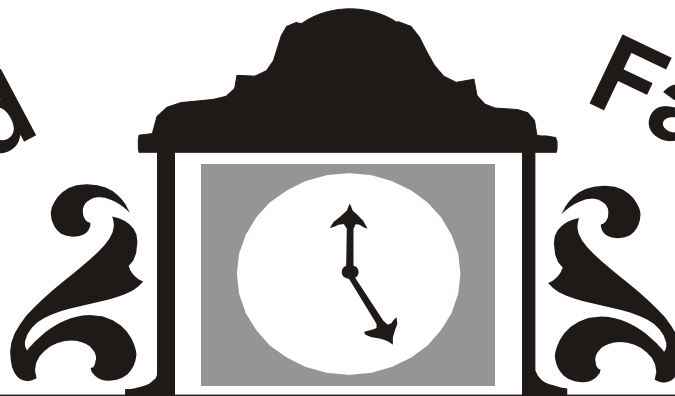


**Spring
Forward**



**Don't
Fall Back!**

It's Time To Prevent A Fall **FALLS PREVENTION AT HOME CHECKLIST**

- Front steps and walkways leading to your home are in good repair.
- Stairs and walkways provide good traction and are free of snow, ice, and leaves.
- If your home is in a rural area, it is clearly identifiable in some way (name on mailbox, or civic number.)
- Solid handrails are present on stairways.
- Stairs are in good condition with a non-skid surface.
- Stairwells, bathrooms, bedrooms, hallways and storage areas in your home are well lit.
- High traffic areas are free from clutter, telephone, and electrical cords.
- Scatter mats have a non-skid backing.
- Step stools have safety rails and are stable.
- Bedsides are equipped with a phone (with emergency numbers) and a flashlight.
- Assistive devices are properly installed, and/or utilized (grab bars, raised toilet seats, walkers).
- Aware of your medications and how they affect you (keep a list of all medications you are taking).

"Spring Forward ... Don't Fall Back ... It's Time to Prevent A Fall!"
Know your limits and when to ask for assistance.



For more info, call the Health ACTION Line

1-800-660-5853 or

345-5685

www.healthunit.org