

Prevent Falls in Your Home

- ♥ Arrange furniture so you have a clear pathway between rooms.
- ♥ Place a lamp, telephone or flashlight near your bed and use night lights in hallways.
- ♥ Keep electric and phone cords out of walkways.
- ♥ Remove rugs or secure them with tape, tacks or slip-resistant backing.
- ♥ Store food, dishes and cooking equipment within easy reach.
- ♥ Do not store items in stairwells.
- ♥ Place a slip-resistant rug next to the bathtub.
- ♥ Use a rubber mat or nonskid strips inside the bathtub.



Let's go STEADY!

www.steadyu.ohio.gov

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Preventing Falls...
One Step at a Time



Valentine,
Let's go STEADY!

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One Step at a Time



Be my
STEADY
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One Step at a Time



Valentine,
Let's illuminate
our steps
all year long!

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