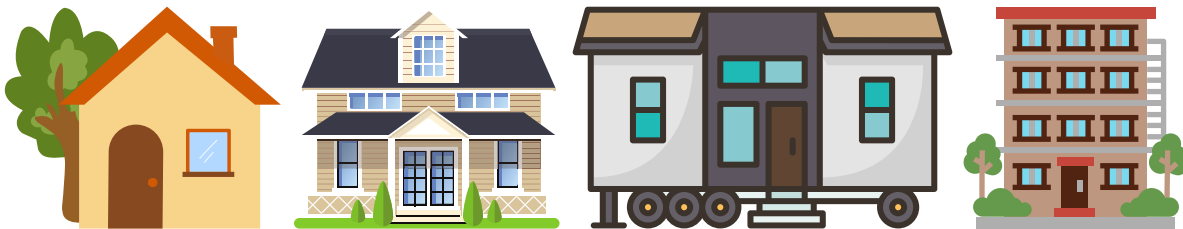


# Falls Stop Here:

## Simple Fixes for a Safer Home

Did you know most falls happen at home? The good news: a few simple changes can make your space safer, more comfortable, and easier to navigate. Here's how to get started:

- **Clear the path.** Reduce clutter in walkways and common areas to avoid tripping hazards. Make sure sidewalks, driveways, and walkways are cleared of snow and ice.
- **Let there be light.** Make sure all rooms, hallways, and staircases are well-lit — especially at night.
- **Keep things within reach.** To avoid unnecessary stretching, reaching, or climbing, keep items you use often within easy reach.
- **Watch those furry friends.** Pets are great companions, but they can sometimes sneak underfoot. Stay aware of where they are when you're walking.
- **Take your time.** It's easy to rush when you're in a hurry, but doing so can lead to accidents. Take time to slow down to scan your surroundings and watch for tripping hazards.



Throw rugs may look nice — but they're a hidden fall hazard. Rugs that bunch up or have curled edges can easily trip you.

If you use rugs or mats, keep these safety tips in mind:

- **Watch for raised edges** — rugs should lie flat at all times.
- **Use non-slip mats** with rubber backing to help them stay put.
- **Consider removing throw rugs** altogether — they're a common cause of serious falls.

By taking a few simple steps to address throw rugs, you can lower your risk of falls and keep your home a safer place to be!



Discover hidden hazards in your home — and simple steps to fix them — at [\*\*FallsFreeWI.org/surround\*\*](https://FallsFreeWI.org/surround). Explore tools like the printable Home Safety Checklist and the interactive Home Safety Challenge to uncover common fall risks and learn how to prevent them. From slippery floors to poor lighting, small changes can make a big difference.

**Take the first step toward a safer home today! Learn more at:**

