



Don't Fall for Home Falls

Why This Matters

Falls at home are a common cause of serious injuries, especially for children and older adults. Simple safety measures can significantly reduce the risk of home-related falls.

Common Causes

- Slippery floors or loose rugs
- Poor lighting in stairways or hallways
- Cluttered walkways and uneven surfaces
- Improper footwear at home

Practical Safety Actions

- Keep floors dry and remove tripping hazards
- Secure rugs and ensure adequate lighting
- Install handrails and use non-slip mats
- Wear proper footwear inside the home
- Keep frequently used items within easy reach

Preventing falls at home protects health and keeps families safe.

