

# ALEXANDRIA FIRE DEPARTMENT

*Dedicated to our Community, Our Profession and Each Other*

## *Fall Prevention*

- \* Make an appointment with your doctor to check eyes and overall health.
- \* Keep moving & wear sensible shoes
- \* Remove throw rugs, runners, cords and small objects
- \* Repair loose, wooden floorboards and carpeting right away
- \* Tack or tape down carpet edges
- \* Immediately clean spilled liquids, grease or food
- \* Do not wax floors
- \* Use slip resistant mats
- \* Add additional lighting
- \* Use night lights
- \* Turn on the lights before going up or down stairs
- \* Store commonly used items on lower shelves or counter-tops
- \* Store pots and pans in easily accessible places
- \* Clear pathways of furniture
- \* Adjust bed frame to best height for easy and safe transfers
- \* Use nonskid rubber mat in the shower or tub
- \* Install handrails in the bathroom
- \* Install railing on stairs
- \* Keep stairs free of clutter
- \* Always use handrails when available
- \* Avoid climbing. If you must climb use a stool with handrails.
- \* Use a portable phone
- \* Keep a list of important phone numbers near the phone and on the refrigerator

*For more information on this or other safety issues, please visit [www.alexandriava.gov/fire](http://www.alexandriava.gov/fire) or contact the Community Services Unit at 703-746-5269*

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