



Fall Prevention for the Holidays

1. Use caution when hanging lights and decorations. Make sure ladders and step stools are stable before climbing, never stand on the top of a ladder, and always have someone help you.
2. Keep toys and presents out of walkways and stair entrances.
3. During family gatherings, have guests leave shoes outside, in a container, or in an extra bedroom to avoid doorways cluttered with shoes and belongings.
4. Cooking for a large group can get messy! Promptly clean up spills on the floor to avoid slipping and falling.
5. Watch out for small children or pets that can run underfoot very quickly during the holiday excitement.
6. If you re-arrange furniture during the holidays make sure rugs, lamps, end tables, and other furniture are secure in their new places.
7. Keep all extension cords out of walking paths and secured against the wall to prevent tripping.
8. When outside watch for icy sidewalks, driveways, and front porches.
9. Make sure your tree is stable and will not fall when touched. Also do not over fill the water on live trees and risk slipping.
10. When out shopping, walk carefully through parking lots, malls, and inside stores. Watch for objects that could cause you to trip and fall.