

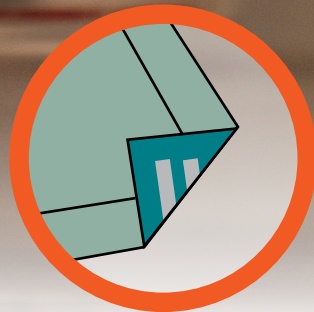
Are You Destined for a Fall?

About two-thirds of all hospital emergency room visits by adults 65 and older involve falls.

Make your home safer with these tips:



Always grip the handrails and keep the stairs well-lit.



Keep your floors clear and slip-resistant. Remove any items you could trip over. Use non-skid rugs and mats.



Use only stable step stools with a top handrail. Don't climb alone — have someone nearby to help you.



Be sure your telephones and emergency numbers are easily accessible — so you can get help if you fall.



Install grab bars and slip-resistant surfaces in your bathroom.