

PREVENTING FALLS ON STAIRS

Safe Stairs... Inside and Out



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Did you know...

- **1 in 3 people over age 65 will fall at least once every year**
- **rushing is a major cause of falls**
- **the number 1 place to fall in the home is on stairs**
- **40% of admissions to Nursing Homes are caused by a fall**

Tips...

- **don't rush**
- **adjust your bifocal glasses so you can see each step in focus**
- **have a free hand to grasp the rail**
- **put on the stairway light, even during the day**
- **carry small loads**
- **check for pets before going up or down stairs**