

HOME MATTERS

Loss prevention tips for all your home matters provided by: Huckaby & Associates

Did You Know?

Most falls in the home cause only temporary discomfort or minor injuries, but there is always a chance that the worst could happen. Familiarizing yourself with these safety tips will help you identify hazards and give you the chance to take proactive measures to reduce your risk of injury.

FALL PREVENTION SAFETY

Use these questions to help reduce the chances of you falling at home:

- When standing up after sitting or lying down for a long period of time, do you give yourself time to regain your balance before attempting to walk?
- Do you wear rubber-soled, supportive footwear or low-heeled shoes while walking around the house?
- Do you break down larger loads into smaller ones to make them more manageable to carry?
- Do you use a step stool instead of a chair to grab items out of reach?
- Can you turn on lights without having to walk through a dark room?
- Do chairs in your home have armrests to allow you to help get up and down?
- Are rugs and runners secured with carpet tape or non-skid backing?
- Do you put away clutter and keep walkways clear of electrical cords, toys and furniture?
- Do you have rubber mats or non-skid strips in your shower or bathtub? Do you have a grab bar on the wall of your bathtub?
- Can you reach items in your kitchen easily?
- Is the lighting adequate in your kitchen, especially where you use knives most often?

Safety First

If you live alone, it is wise to make contact with a friend, family member or co-worker every day. That way, if you are injured at home and cannot call for help, someone will know to check on you when they have not heard from you.

Huckaby & Associates

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