

# Injury Prevention

## How To Prevent Falls

- **Use safety salt on walkways in winter.**
- **If you use a cane, attach cane spikes to help you walk on icy surfaces.**
- **Wear appropriate footwear with lower heels and treads.**
- **Install and use hand rails.**
- **Make sure dark areas are well lit. Use nightlights between the bedroom and bathroom.**
- **Use bathmats in tubs and showers and install grab bars by the tub, shower and toilet.**
- **Make sure scatter rugs are firmly attached to the floor with non slip backing.**

