

SENIOR SAFETY TIPS



FALL PREVENTION

-  1 Keep walking areas free of clutter
-  2 Make sure all areas of your home have adequate lighting, especially at night
-  3 Take your time when standing up
-  4 Use non-slip mats in wet areas and clean up spills right away
-  5 Watch out for uneven surfaces
-  6 Wear sturdy shoes that fit well
-  7 Exercise regularly

FIRE PROTECTION

-  1 Monitor your cooking carefully
-  2 Keep space heaters at least 3 feet away from anything flammable
-  3 If you smoke, do it outside
-  4 Plan how you will escape from a fire, and practice regularly
-  5 Be prepared to escape quickly by keeping items you will need (glasses, medication, walker, etc.) close to you
-  6 Install smoke alarms throughout your home, and test them monthly
-  7 In the event of a fire in your house, get outside and then call 911
-  8 If your clothes catch fire, STOP, DROP, and ROLL, or smother the flames with a blanket or towel



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