

FALLS: *one of the most common reasons for* ER VISITS

- Install railings on stairways
- Clean up clutter on the floor or stairs
- Remove loose rugs or attach them securely to the floor
- Make sure all stairways, rooms and hallways are well lit



WEAR A HELMET *Every Time!*

Always wear a helmet while on a:



BIKE SKATEBOARD SKATES SCOOTER

A properly fitted helmet helps to prevent traumatic brain injury.



BE SMART *when working* OUTSIDE

- Always use the proper step stool or ladder to reach high places.
- Don't stand on chairs, desks or other furniture.
- Use ladders with slip-resistant feet and wear clean, dry, slip-resistant shoes when climbing.

