



TWFG[®]
INSURANCE

Fall Prevention Safety

Most falls in the home cause only temporary discomfort or minor injuries, but there is always a chance that something more severe could happen—such as a broken bone, concussion or back injury. Asking yourself the following questions will help you identify potential hazards within your home and give you the chance to reduce your risk of experiencing a fall—preventing painful injuries.

- When standing up after sitting or lying down for an extended period, do you give yourself time to regain your balance before attempting to walk?
- Do you wear supportive footwear 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 nonskid 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?

Take Extra Precautions if You Live Alone

If you live alone, it is wise to contact 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 haven't heard from you.

For more home safety guidance and homeowners insurance solutions, contact us today.

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