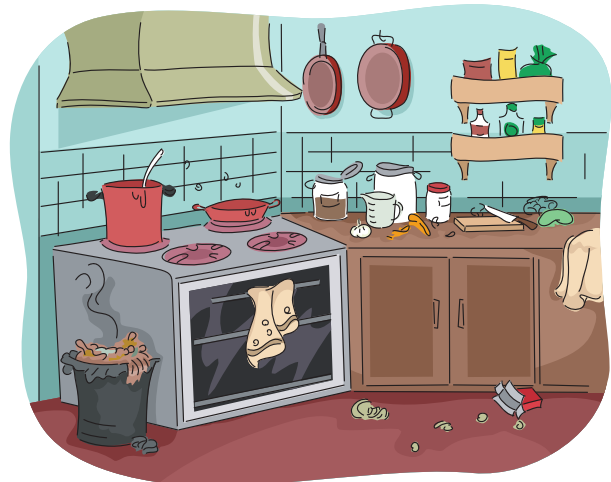


Safety Challenge



Circle the items you can find in the rooms below that could make someone trip, slip or fall.

Need a hint? Flip the page over....



Safety Tips

Here are some things you can do to help keep people safe from falls!

Keep Areas Clear

- Put away toys, books, shoes and backpacks when you are not using them.
- Wipe up any spills right away and keep floors dry. You do not want people to slip and fall.
- Remove loose carpets that will not lie flat or that bunch up at the edges.
- Keep electrical cords tucked away to prevent tripping, this can easily entangle feet.
- Keep stairways and pathways free of clutter.

Kitchen and Bathroom

- Keep often-used items easy to reach in bathroom and kitchen so no one has to climb or bend down to get them.
- Use a non-slip bathmat.

Bedroom

- Keep bedding from draping on floor. This is a tripping hazard.
- Keep a lamp near the bed with the cords tucked away.

Outside

- Remove snow, leaves, rocks or loose gravel on steps and sidewalks so no one can lose their balance and slip, trip or fall.



For more information about preventing falls please visit:
www.ckphu.com/falls