

# Home Safety Where You Sleep: The Bedroom



## Avoid Tripping Or Falling In Your Bedroom



- 1** Do you have scatter-rugs on your bedroom floor?
- 2** Is your bedroom pitch-black when you turn-off the lights?
- 3** Is there a telephone by your bed?
- 4** Is the bedroom floor free of clutter?
- 5** Can you easily reach all of the shelves in your closets?

### For Safety's Sake:

- 1** Remove scatter rugs, or tape them to the floor.
- 2** Install 2 night-lights: One near the bedroom door, and one by your bedside.
- 3** Keep a telephone within easy reach of your bed. And program it with emergency phone numbers.
- 4** Go on the offense. Get clutter off the bedroom floor, especially near your bed.
- 5** Put important items in arms' reach. Save the highest shelves for items you rarely use.

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***Don't shut the door on home safety.  
Let us give you room-by-room  
suggestions to help you avoid  
tripping or falling at home.***

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