

# Home Safety At Your Doorstep



## Avoid Tripping Or Falling In Your Kitchen

### People Sometimes Trip, or Fall in the Kitchen Because:

- 1 They stand on a chair or box to reach items out of reach.
- 2 They lose their foothold on loose, or slippery kitchen tiles.
- 3 They trip on loose mats or kitchen rugs.
- 4 They trip over cords while talking on the phone.

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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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### For Safety's Sake:

- 1 Place important kitchen items on counters or low shelves, and buy a Grabber instead of standing on chairs or boxes to reach them.
- 2 Replace any loose, or missing floor tiles. Surfaces should be non-slip and no floor polish should be used.
- 3 Remove all mats and area rugs. If you must have them, secure them to the floor with double-sided tape.
- 4 Remove cords from walkways, and place near walls. Do not hide cords under kitchen rugs.



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