Elderly *Safety*

Your Next Step
"It matters not how long we live but how."

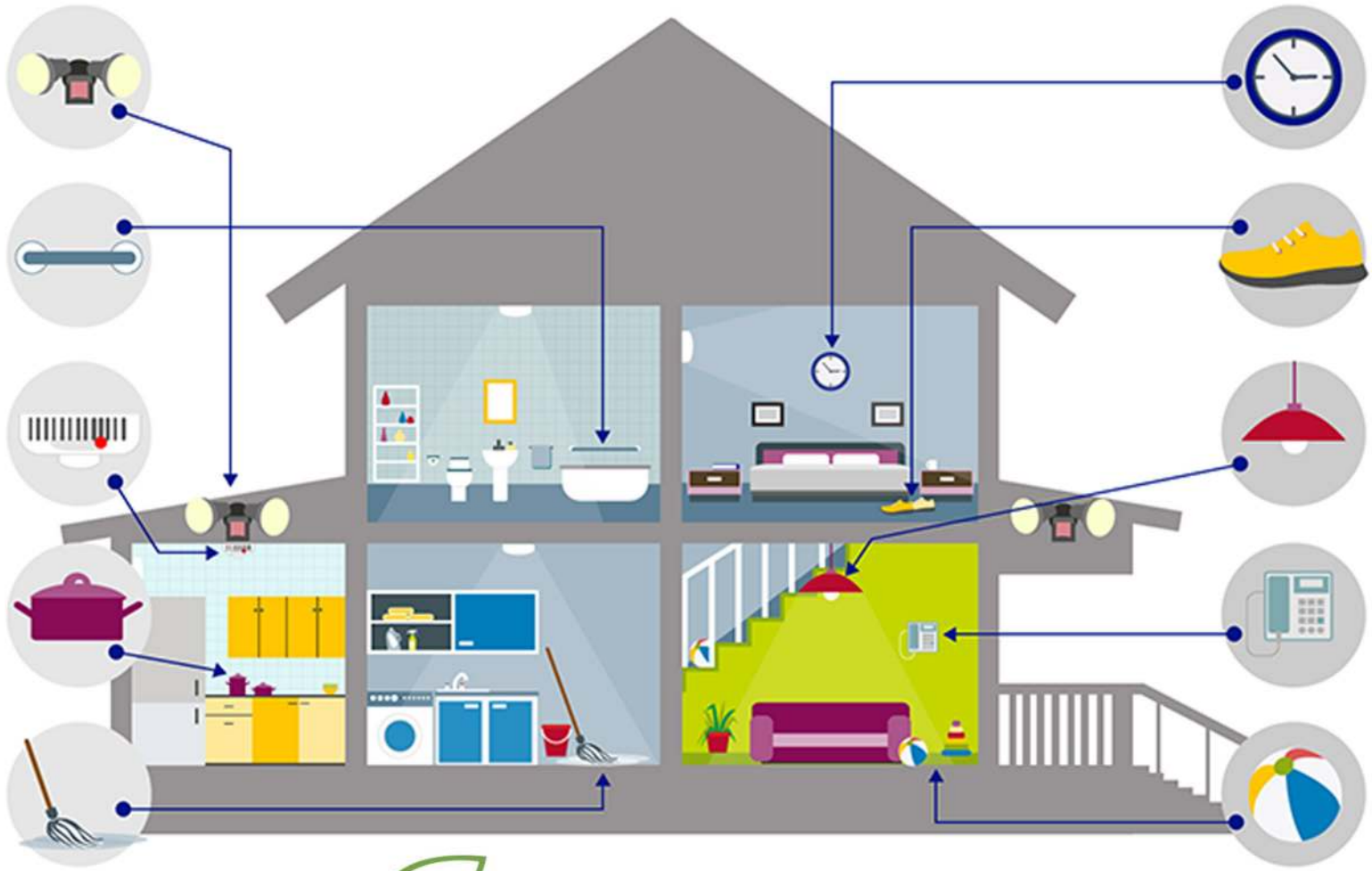
Add an **outside light and peephole** for extra security

Install **grab rails in or near** the shower, bath or toilet

Install **smoke detectors** and buy a fire extinguisher

Keep items **that you use** often within reach

Clean **spills and leaks** to prevent falls



Arrange **daily safety checks** from friends, neighbours or family

Wear **shoes with rubber soles** to prevent slipping

Make sure **that your home** is well-lit

Keep **emergency numbers near** the telephone

Clear clutter, especially **in heavy traffic** areas

Your Next Step
www.yournextstep.ca