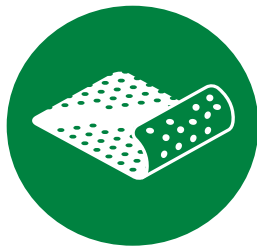


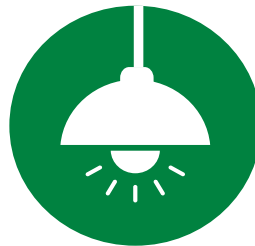
MIDDLESEX COUNTY EMPOWERING SENIORS FALL PREVENTION NETWORK
FALL PREVENTION TIPS



**INSTALL
HANDRAILS**



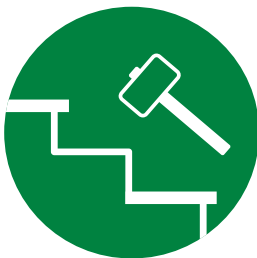
**USE
NON-SLIP MATS**



**IMPROVE
LIGHTING**



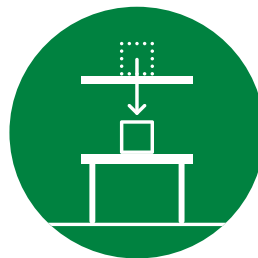
**INSTALL
GRAB BARS**



**REPAIR FLOORING
AND STEPS**



**REMOVE CLUTTER
AND CORDS
FROM FLOOR**



**MAKE ITEMS
ACCESSIBLE**



**EXERCISE
REGULARLY**



**REVIEW
MEDICATIONS WITH
YOUR DOCTOR**



**GET YOUR VISION
AND HEARING
CHECKED**



**WEAR WELL
FITTING SHOES**



**DON'T STAND
ON STOOLS**

For a free Home Safety Assessment, call 732-418-8019 or email lisa.cheng@rwjbh.org

