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Home safety tips to protect your loved ones

A few precautions can make a big difference

As we get a little older, falls in the home become a much greater concern. Sight, balance or mobility issues are usually to blame.

You can take simple steps today to prevent accidents and injuries in your home — for everyone.

Inside the home

Take a look around your home. Many safety hazards — like loose electrical cords or rugs — are easy to spot and fix. But don't forget those hidden hazards.

These tips can help:

Install a second railing

The stairs are safer with a railing on each side of the staircase. Be sure railings are securely fastened to the wall, too.

Light the way

All halls and stairways should have lights. Try plug-in lights for anywhere there's an outlet.

Highlight "trouble spots"

Mark high-accident zones with bright tape. These could be the top or bottom of the stairs or areas where furniture sticks out.

Make a safer shower

Many slips and falls happen in the bathroom.

Here are some ways to protect everyone:

- Install grab bars in the shower or tub.
- Apply nonslip strips on the shower or tub floor.
- Use a tub seat for extra support.
- Add a showerhead extension for easier reach.

Buy a personal alarm

With the push of a button, your loved one can signal for help if they fall or are in trouble.

Outside the home

Mother Nature can pose safety hazards, too. So safeguard your property against snow, ice and fallen leaves.

More safety measures:

- Use a doormat on your front step.
- Make sure your railings are secure.
- Fix cracks in the pavement or loose deck boards.
- Install lights along walkways.

Find more home safety tips
at www.intelihealth.com.

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