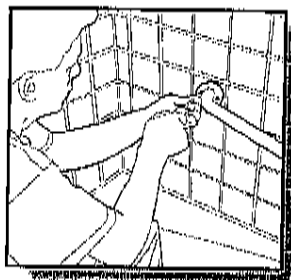
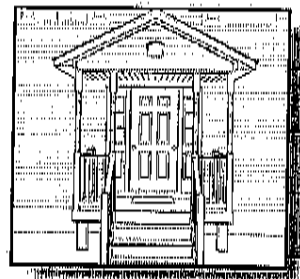


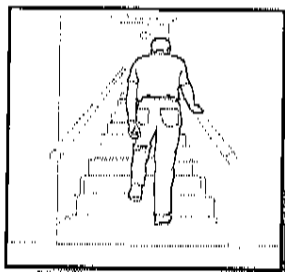
Prevent Falls



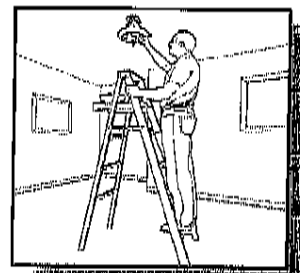
1.
Have grab bars in the tub and shower.



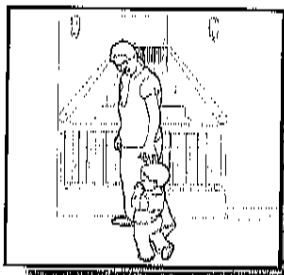
2.
Have bright lights over stairs and steps and on landings.



3.
Have handrails on both sides of the stairs and steps.



4.
Use a ladder for climbing instead of a stool or furniture.



5.
If babies or toddlers live in or visit your home, use baby gates at the top and bottom of the stairs.

Arbors at Oregon

Nursing & Rehabilitation Center

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Oregon, Ohio 43616

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HOME SAFETY COUNCIL

Visit the Home Safety Resource Center at www.homesafetycouncil.org/homesafetymonth for FREE information, including posters, brochures, safety checklists and additional tips to help keep your family safe.