Falls are the #1 cause of injuries and deaths to seniors at home

Falls
- Keep stairs clear and well lighted.
- Watch for slipping/tripping on area rugs, carpets and cords.
- Never climb ladders alone.

Medication Poisoning
- Lock up medicines out of children’s reach.
- Use child-resistant packaging if children may be around.
- Clearly label medicines to avoid mistakes.

Fires
- Avoid wearing loose clothing while cooking. It can catch fire.
- Keep dangling sleeves away from stovetop.
- Stand by your pan. Don’t leave kitchen while cooking.

Tips by age group
CPSC.gov