



StairSteady's tips for making your home slip free:

- ❖ Keep walkways & stairs clear of objects such as rugs, shoes, laundry, toys, etc.
- ❖ Install grab bars by toilets, showers & baths
- ❖ Put non-slip mats in showers & baths
- ❖ Always wear rubber-soled and low-heeled shoes inside & outside
- ❖ Keep the house well lit & use night lights
- ❖ Keep house at a comfortable temperature; you may get dizzy if you're too hot or too cold.
- ❖ Make sure carpets are well fitted and help down firmly at the edges.