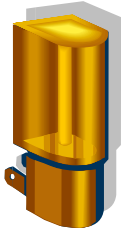


## Fall Prevention Tip of the Month March 2010



### Light Up Your Living Space

As people get older, they need brighter lights to see well. Poor lighting -- inside and outdoors -- can increase the risk of falls. Make sure there is enough lighting in each room, at entrances, and on outdoor walkways.

- Put a lamp near your bed and within reach to use at night if needed.
- Keep a flashlight by your bed and in other easy-to-find places in case the power is out.
- Use light bulbs that have the highest wattage recommended for the fixture. Don't use bulbs that exceed the wattage rating since this can be a fire hazard.
- Put night lights in the bathroom, hallways, bedroom, and kitchen.
- Make clear paths to light switches that aren't near room entrances. Consider installing glow-in-the-dark or illuminated switches.
- Good lighting on stairways is especially important so be sure to turn on the lights before going up or down stairs. Light switches at both the top and bottom of stairs can help.



Tips brought to you by the Oak Creek Health Department in cooperation with the Medical College of Wisconsin, Injury Research Center, 8701 Watertown Plank Rd., Milwaukee, WI 53226