

# Beat the Break

## Home Safety Checklist

**Did you know that 1 in 2 women and 1 in 4 men over age 50 will break a bone due to osteoporosis?** Preventing falls is important at any age, but especially for those who have osteoporosis because their bones are more fragile and easily broken.

**Use this safety checklist to help prevent falls in and around the home.**

### FLOORS

- Remove all loose wires, cords, and throw rugs.
- Minimize clutter.
- Make sure rugs are anchored and smooth.
- Keep furniture in its accustomed place.

### BATHROOMS

- Install non-skid tape in the tub or shower.

### LIGHTING

- Make sure halls, stairways, and entrances are well lit.
- Install a night light in your bathroom.

### KITCHEN

- Install non-skid rubber mats near sink and stove.

### STAIRS

- Make sure treads, rails, and rugs are secure.

**Take steps every day to prevent falls.**

- Wear sturdy, rubber-soled shoes.
- Clean spills immediately.
- Turn lights on if you get up in the middle of the night.
- Keep your intake of alcoholic beverages to a minimum.
- Ask your doctor whether any of your medications might cause dizziness or falls.



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