



TAKE THE RIGHT STEPS FOR FALL & FIRE PREVENTION

Fall Prevention Tools



Ensure proper lighting.



Check for trip hazards in the home.



Use non-slip mats, handrails, and grab bars.



Wear proper fitting shoes and use custom fit mobility devices.

Fire Prevention Tools



Create and practice your fire escape plan.

Install working smoke & carbon monoxide alarms.



Home Safety for Older Adults



Use a medical alert system to ensure that help arrives quickly.



Post a medical history and medication list on your refrigerator or other visible area.



Use a home safety checklist to identify and reduce risks related to fall and fire incidents in the home.

**FOR LIFE THREATENING
EMERGENCIES, CALL 9-1-1.**



Visit the OSFM website for additional resources, including the Fire Prevention and Fall Prevention Checklists to ensure the safety of your home.



OREGON STATE FIRE MARSHAL
503-934-8228
oregon.gov/osfm
osfmce@osfm.oregon.gov