

NAVIGATING FALL SAFETY

All safety considers preventing injuries and illnesses during transitional weather.

BE AWARE:

- . when walking outside be aware of falling leaves that may be slippery
- , of any slippery surfaces
- .of changing daylight hours
- . of changing temperatures. Check your heating system.

DRIVING SAFETY

- . Be cautious of back-to-school traffic: Children are active in school zones.
- . Be mindful of daylight changes. Short days mean less visibility.

HOME SAFETY

- . Check your heating system: Make sure it's working safely.
- . Prepare for inclement weather: Prepare an emergency kit, including flashlights, batteries, first aid kit
- . Practice ladder safety: REFRAIN from using a ladder.
- . Be aware of fire hazards: Keep candles and space heaters away from flammable materials and have a working smoke alarm.

REMEMBER :

- . Wear reflective clothing when walking at night.
- . Keep walkways and stairs free of clutter.
- . Add grab bars in bathrooms for extra support.
- . Consider using a cane for added stability.
- . Inform others of your location when you are working alone.