

Home Safety Preparation For Total Joints

- Place frequently used items at waist height
- Prepare meals in advance and freeze them
- Make meals that require little to no prep
- Remove bath rug
- Use night light
- Keep phone within reach
- Lamp within reach
- Clear path to bathroom and lit well
- Remove area rugs
- Remove electrical cords from any walkway
- Use a chair with armrests
- Remove all clutter from stairs
- Keep stairs well lit
- Keep pets secured to avoid tripping
- You may need to have someone help with pet care