Year in and year out, falls remain a major source of injuries at home and at work. There are several high-hazard areas that require extra attention.

1. Stairs
   - Make sure stairways are well-lit. It is easier to lose your balance in the dark.
   - Make sure that handrails are installed and sturdy. Wooden handrails are easy to install.
   - If the surface of the steps is slippery, you can install different sorts of safety treads. A common sort is self-sticking and waterproof, and is made from a non-skid material.
   - Try to keep one hand free so that you can hold the handrail as you ascend or descend. If you are carrying something heavy or unwieldy, get help.
   - Don't store things on steps or allow stuff to accumulate on them.

2. Kitchen
   - Clean spills of food, water or other liquids right away.
   - As in the bathroom, throw rugs should have a slip-resistant back or mat beneath.

3. Bathroom
   - Showers and tubs are obvious places for painful slips that can be prevented with non-skid strips and rubber bath mats.
   - If you have rugs on your bathroom floor, make sure they have a non-skid backing or put a slip-resistant mat beneath.

4. Outdoor walkways
   - If the surface gets icy, keep sand or rock salt on hand to spread where people walk.
   - Never run an extension cord where someone might walk.
   - Keep furniture and other objects out of common paths of travel.