

I have
done this

I need to
do this

This does not
apply to me

Are your floors cluttered?

Remove small throw rugs

Stop unwanted junk mail from stacking up: Visit the Federal Trade Commission Consumer Information website at <http://www.consumer.ftc.gov/> to learn how to remove your name off unwanted mailing lists

Recycle newspapers, magazines and other papers when finished with them

Keep floors tidy and clutter-free

Keep frequently used items off the floor and within easy, low-to-reach areas

Use a step stool with a grab bar when accessing items in closets or on overhead shelves

Avoid using a chair as a ladder or step stool

Consider recycling newspapers and magazines

Is your home crowded with furniture?

Create at least a 32-inch clearance between furniture and seating areas

Place the coffee table 18 inches from sofas, recliners or other seating areas

Do you have to walk over electrical cords?

Run cords along walls

Consider having an electrician install new outlets