

KNOW THE DANGERS ELDER PEOPLE'S SAFETY AT HOME



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PAKISTAN
LIFE SAVING



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ELDER PEOPLE'S SAFETY AT HOME

If you have older people, or people who can't walk around too well, living with you, you can help them to keep safe. Here are following tips to keep them safe:

PALS SAFETY TIPS

- Put a plastic chair into the shower so that they can sit there and wash safely.
- You should wipe up spills before anyone slips.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.
- Balance problems, water, and soapy surfaces can make it easy to slip and fall in the bathroom.
- Use a bath or shower seat if your legs are weak, your balance is poor, you have dizziness, or you get tired quickly.

These safety tips are provided by PALS Lifeguards in accordance with international standards on Aquatic Safety.

250+ cases of drowning every year along the beaches of Karachi. PALS has been able to contain this drowning rate to 'near zero' since 2004 to date.

