

Pet Safety Tips to Prevent Falls

Pets Bring Comfort and Joy
Enjoy Them While Preventing Falls



Pets Support Healthy Aging

Pets help their owners stay active, boost mental and emotional well-being, and connect socially with others.

Pet Safety Tips to Prevent Falls

Make Your Home Pet-Safe

- Clean up food and water spills right away
- Keep bowls, toys, and other pet supplies out of walkways
- Keep areas where your pet spends time well lit
- Use nightlights to help you see your pet and avoid tripping

Be Aware of Your Pet

- Look around for your pet before you stand up or start walking
- Watch for your pet on stairs and near doorways
- Do not step over your pet. Have them move out of the way instead.

See the other side for more tips on preventing falls while enjoying time with your pet.



**Injury
Prevention &
Surveillance**



More Pet Safety Tips to Prevent Falls

Encourage Safe Pet Behavior

- Make sure your pet gets enough exercise so they stay calm
- Avoid letting pets sleep in high-risk areas like beside beds or chairs
- Teach pets not to jump or get under your feet
- Use obedience training with your dog to help prevent pulling and sudden movements when on leash

Extra Precautions

- Add a bell to your pet's collar so you can hear when they are nearby
- Ask for help walking a dog that may pull or be hard to control

Plan Ahead for Your Pet's Care

If you cannot care for your pet unexpectedly:

- Let someone you trust know so they can check on or care for your pet
- Keep an information sheet with your pet's care routine and feeding instructions
- Leave water and a comfort item for your pet

