

When Making a 911 Call

- Tell the operator where you are calling from - facility name; unit number
- Answer ALL questions - help is on the way even if you are still on the phone



To request a demonstration or other inquiries please call Lincoln Fire & Rescue's voice mail at 441-8363 and someone will return your call.



Lincoln Fire & Rescue
1801 "Q" Street
Lincoln, NE 68508



TRIP & FALL



Hazard Prevention



To Prevent Injury...



Use good lighting in every room.



Wear flat soled shoes.



Install stair lighting and use handrails.



Reach with grabbing tools instead of using a step stool.



Clean up floor spills right away.



Remove throw rugs & extension cords from walkways.

For bathroom safety; use a tub mat and raised seats, also install grab bars in the bathrug and next to the toilet.



For bedroom safety; use a night light and also have access to a lamp next to your bed.



Always use non-skid floor mats, or non-skid rugs.

To Access Immediate Help...



Carry a cellular or cordless phone with you.



Always wear your "life line" button.