Fall Prevention Tips
Four Things You Can Do To Prevent Falls

1. Begin a regular exercise program
   • Builds strength and improves balance

2. Make your home safer
   **Bathroom:**
   • Apply non-skid appliques on tub and shower floors
   • Install grab bars in tub and around toilet. Consider a shower chair.
   • Keep bathroom well lighted.

   **Kitchen:**
   • Keep commonly used items within easy reach.
   • Avoid using floor polish or wax to reduce slick surfaces on floors

   **Bedroom:**
   • Keep a telephone and flashlight with easy reach of the bed
   • Rise slowly from bed to sitting position. Dangle legs for a few minutes prior to standing and walking

   **Outdoor Home Safety Measures:**
   • Keep walk areas clear of clutter. Keep well lighted at night.
   • Make sure walkways are level, free of cracks, holes and constructed with slip resistant materials

   **All Areas**
   • Contrast in paint, furniture and carpet colors can be helpful.
   • Remove throw rugs or tack down with double sided adhesive tape; tape down carpet edges.

Leading cause of death from non-intentional injury in the home.

Fall Prevention Deserves Your Attention
**AVOID**
Slips, Trips & Falls
**Watch Your Step!**
Take your time. Don’t be rushed or distracted. Stand and get balance before walking. Use your cane or walker for extra assistance. Don’t rely on your furniture.

• Apply slip strips on the edges of steps to reduce slick stair surfaces.
• Place electrical cords and telephone wires away from walking paths.
• Post emergency numbers at every telephone. Carry a portable phone.

3. Other Steps You Can Take To Reduce Your Risk Of A Fall
• Have regular vision and hearing check-ups
• Clean eye glasses often to improve visibility
• Wear proper fitting, supportive shoes with low heels or rubber soles; not slippers
• Use walking aids when necessary

4. Have Your HealthCare Provider Review Your Medicines
• Review with your healthcare provider the medications you take (including over-the-counter and supplements) and discuss potential side effects. Follow medication dosages closely. Using multiple medications and/or using medications incorrectly may cause dizziness, weakness and other side effects which can lead to a dangerous fall.

Fall Prevention Tips
Stay Strong, Stay Active, Stay Standing

Falls can have many physical effects such as bruising, laceration, broken bones, traumatic brain injuries and even death.