Here are some simple tips to help you prevent a fall:

- **STAY PHYSICALLY ACTIVE**
  Build balance, strength and flexibility.

- **LIMIT ALCOHOL INTAKE**
  Even small amounts of alcohol can affect your balance and reflexes.

- **REVIEW MEDICATIONS**
  Learn about possible side effects.

- **STAND UP SLOWLY**
  Avoid quick changes in position.

- **HAVE YOUR VISION AND HEARING TESTED**
  Keep eyeglass prescriptions up-to-date.

- **USE ASSISTIVE DEVICES**
  Walking sticks, hiking poles and walkers can help keep you steady.

- **KEEP YOUR HOME SAFE**
  Do a home safety check.

- **CHOOSE PROPER FOOTWEAR**
  Avoid smooth-soled or backless shoes.

- **TALK TO YOUR DOCTOR & FAMILY**
  Ask for a falls risk assessment and ask for help preventing falls.

- **GET ADEQUATE SLEEP**
  You are more likely to fall if you are tired.

- **USE CARE WALKING ON ICY OR WET SURFACES**
  Put down salt or sand at entrances.