

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



STAY PHYSICALLY ACTIVE

Build balance, strength and flexibility.



REVIEW MEDICATIONS

Learn about possible side effects.



HAVE YOUR VISION AND HEARING TESTED

Keep eyeglass prescriptions up-to-date.



KEEP YOUR HOME SAFE

Do a home safety check.



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.



LIMIT ALCOHOL INTAKE

Even small amounts of alcohol can affect your balance and reflexes.



STAND UP SLOWLY

Avoid quick changes in position.



USE ASSISTIVE DEVICES

Walking sticks, hiking poles and walkers can help keep you steady.



CHOOSE PROPER FOOTWEAR

Avoid smooth-soled or backless shoes.



USE CARE WALKING ON ICY OR WET SURFACES

Put down salt or sand at entrances.