

6 Steps to Prevent a Fall



1 - Find a good balance and exercise program.

Look to build balance, strength, and flexibility.



2 - Talk to your health care provider.

Ask for an assessment of your risk of falling. Share your history of recent falls.



3 - Regularly review your medications with your doctor or pharmacist.

Make sure side effects are not increasing your risk of falling.



4 - Get your vision and hearing checked annually and update your eyeglasses.

Eyes and ears are key to keeping you on your feet.



5 - Keep your home safe.

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6 - Talk to your family members.

Enlist their support in taking simple steps to stay safe.

Fall Proof Your Home

Every 11 seconds, an older adult is treated in an Emergency Department for a fall. Falling is not an inevitable result of aging. Use the tips below to prevent falls in your home.



Floors:

- Remove throw rugs or use double-sided tape or non-slip backing so rugs won't slip.
- Pick up things that are on the floor. Keep objects off the floor.
- Coil or tape cords and wires next to the wall so you don't trip over them.

Stairs and Steps:

- Pick up things on the stairs. Always keep stairways clear.
- Fix loose or uneven stairs.
- Have an electrician install an overhead light and light switch at the top and bottom of the stairs.
- Make sure the carpet is firmly attached to every step.
- Make sure handrails are available on both sides of the stairs and extend the length of the stairway.

Bathroom:

- Place a non-slip rubber mat or self stick strips on the floor of the tub or shower.
- Have grab bars installed next to and inside the tub and next to the toilet.

Kitchen:

- Move items into your cabinets. Keep things you use often on lower shelves.
- Never use a chair as a step stool.

Bedroom:

- Place a lamp close to the bed where it's easy to reach.
- Put in a night-light so you can see where you're walking at night.

