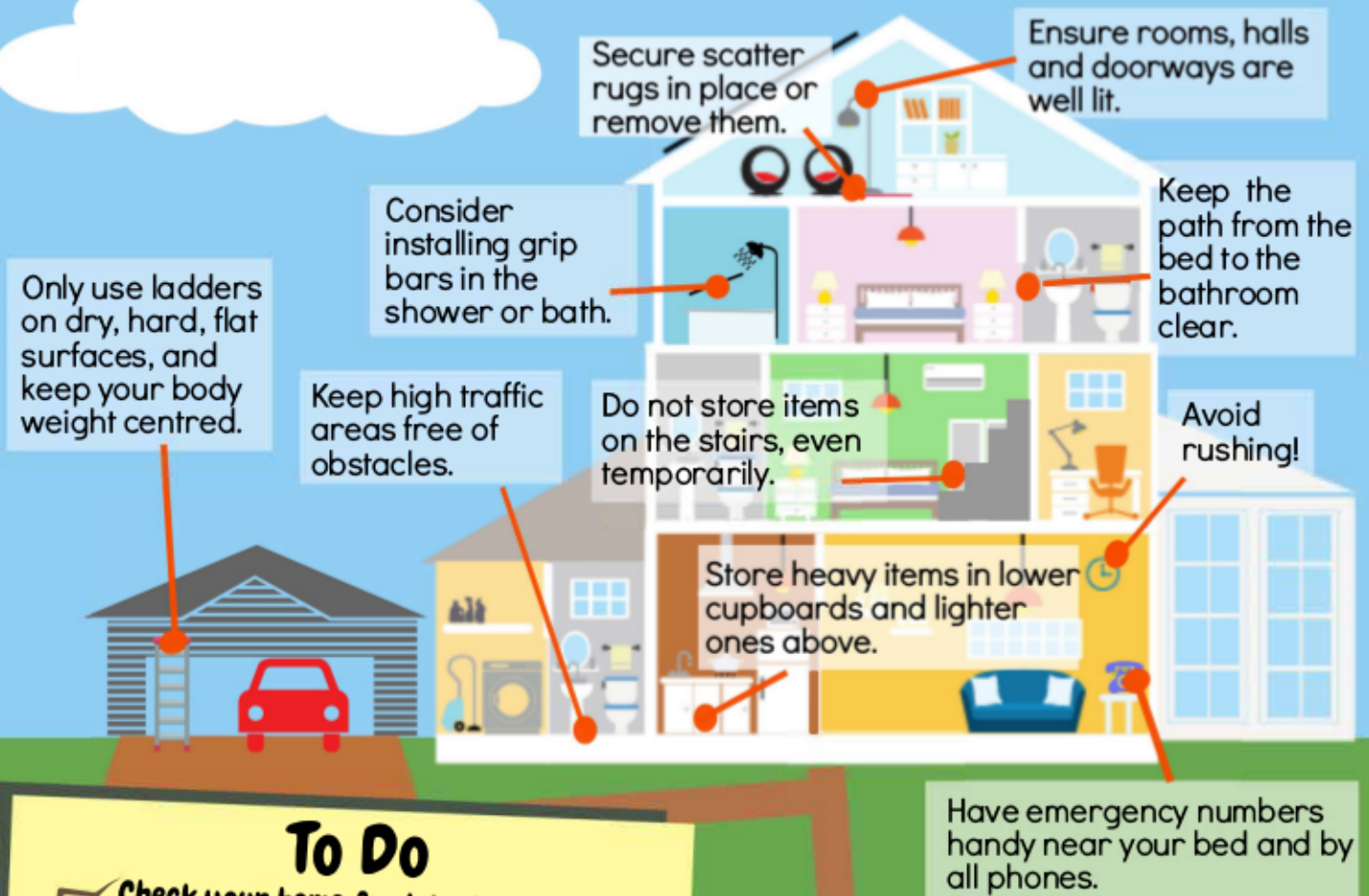


# Preventing Falls

Tips for Seniors



## To Do

- Check your home for tripping/slipping hazards: most falls happen at home.
- Bone up on calcium & vitamin D: most of us are not getting enough in our diets.
- Check medications. Consult your doctor, especially if you are on more than three medications a day.
- Make an appointment to get your eyes checked at least once a year after the age of 65.
- Try tai chi, a strength-building, balance exercise that has been shown to reduce the risk of falling.

Wear shoes with good rubber soles. Avoid loosely fitting slippers.

Ensure pathways, decks and stairs are in good repair with railings and good traction.

**Falls Prevention<sup>®</sup>**  
is everyone's business

[www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)

