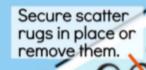
Preventing Falls

Tips for Seniors



Ensure rooms, halls and doorways are well lit.

Only use ladders on dry, hard, flat surfaces, and keep your body weight centred.

Consider installing grip bars in the shower or bath.

Keep high traffic

areas free of

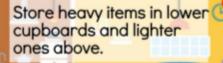
obstacles.

Do not store items on the stairs, even temporarily.

Keep the path from the bed to the bathroom clear.

Avoid rushing!





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.

Have emergency numbers handy near your bed and by all phones.

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® is everyone's business

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