Tips for Preventing Falls

Falls can put you at risk of serious injury. Prevent falls with these simple fall-prevention measures, from reviewing your medications to hazard-proofing your living spaces.

1 **Remove tripping hazards** such as books, papers, shoes and boxes from hallways, and secure area rugs.

2 **Install grab-bars** in the bathroom, both around the toilet and the shower.

3 Keep frequently used items within **easy reach**, so you don't have to climb or strain for them.

4 Make sure that both the inside and outside the home has **adequate lighting** so you can see your path while walking.

5 **Alert your care or maintenance team of any damage** or repairs that need to be made to walkways or steps and.

6 **Wear sensible shoes** with nonskid soles and a proper fit.

7 Poor vision is a major factor in falls. **Get an eye exam** at least once a year to keep prescriptions current and eyes functioning their best.

8 Consider adding extra personal security by using a **mobile alert system with GPS** to access emergency help at any time.

9 **Medication errors** are one of the main catalysts for falls. Talk with your caregivers about any potential side effects of the medications you take to see if any may increase dizziness or impact balance and ways to mitigate this

10 **Stay active!** Even gentle exercise can increase strength and balance, healing to reduce the risk of falls.

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