



## FALLS PREVENTION TIPS

**Falls are preventable – this is a partial list of things you can do to reduce your risk of falling.**

**Wear thin rubber soled shoes with shallow treads**



**Pick up your feet when walking - walk heel-toe**

**Use handrails**

**Avoid rushing - take your time - focus on the task at hand**

**Remove slipping/tripping hazards immediately**

**Exercise regularly**

**Install grab bars around your tub or shower**

**Use non-skid strips or tub mats**

**Eat well and drink plenty of non-caffeinated beverages**

**Take medications as they are prescribed**

**Never add medications—even non-prescription/herbal remedies without talking to your doctor**

**Make sure there is ONE pharmacist who knows about ALL the medications you are taking**





**Avoid sitting on low furniture – add cushions to raise seat height**



**Just Right**

**Paint the edge of each stair a bright color so you can clearly see it**

**Avoid wearing long nightgowns or other clothing that you might step on**

But it's a safety issue honey.

**Never carry items in a way that prevents you from seeing where you're putting your feet**



**Examine the way you do your daily tasks and see if you can develop safer ways to accomplish them (such as carrying laundry or the garbage)**



**Take a moment whenever you trip or stumble and figure out what caused it-that's how you will prevent the next stumble and create your personal "Falls Prevention Program"**

**STAY SAFE  
&  
HAVE FUN**



**Do everything you can to prevent falls. Consider an Emergency Response System as a safety net, just in case.**

**Call Vital Link at 1-800-752-5522 for more information.**