

Four simple steps can help prevent injuries from falls:

- Physical activity to improve balance
- Evaluation of medicines that might cause dizziness
- Getting a yearly eye exam, and
- Eliminating the hazards that could lead to slips and falls

IS THERE A KILLER LURKING IN YOUR HOUSE?



SLIPS AND FALLS CAN BE PREVENTED



**Are you at risk for falling?
Take this simple quiz:**

	Yes	No
• Have you fallen in the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you get dizzy or have trouble keeping your balance?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you take four or more medications daily?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you sometimes have difficulty when getting up from a seated position?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have difficulty seeing clearly?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have difficulty walking?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you limit your activities because you are afraid that you might fall?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered “yes” to any of these questions, you might be at risk of falling. Read this brochure to find out how to reduce your risk.

Slips and falls can be prevented

If you feel a little wobbly from time to time, you’re not alone. Everyone’s balance tends to erode over time. But, it’s good to know that falling is not an inevitable result of aging.

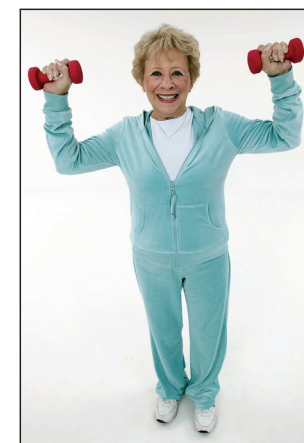
A fall can significantly limit a person’s ability to remain healthy and self-sufficient, and older adults value their independence.

Fortunately, despite being labeled “accidents,” many fall-related injuries and deaths are actually predictable and preventable.



That is where we can help

You can learn about many easy and inexpensive solutions in this brochure.



www.FallPreventionNetwork.com

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Many slips and falls are due to hazards that are easy to overlook but also easy to fix. By making some simple changes, everyone can lower their chances of injury and help protect their independence.

Four Steps to Prevent Falls:

Step 1. Participate in regular physical activity

Physical activity is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Activities that improve balance and coordination are the most helpful.



Step 2. Have your health care provider review your medicines

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines.



Some medicines, or combinations of medicines, can make you sleepy or dizzy and might cause you to fall.

Step 3. Have your vision checked

Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.



Step 4. Make your home safer

About half of all falls happen at home, and many could have been easily prevented. Remove things you can trip over, like papers, books, cords, clothes and shoes.



Floors:

- ❑ Move furniture so that your walking path is clear.
- ❑ Keep things off the floor and stairs – such as papers, books, towels, shoes, magazines, boxes and blankets.
- ❑ Coil or tape telephone and electrical cords next to the wall so you can't trip over them.
- ❑ Remove throw rugs or use double-sided tape or a non-slip backing so rugs won't slip.



Inside Stairs and Outdoor Steps:

- ❑ Always keep objects off stairs and fix loose or uneven steps.
- ❑ Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- ❑ Tighten loose handrails or put in new ones. Install handrails on both sides of the stairs, which are as long as the stairs.
- ❑ Be sure you have an overhead light at the top and bottom of the stairs. Have an electrician put in a light switch at the top and bottom of the stairs.
- ❑ Have a friend or family member change burned out lightbulbs.

Kitchen and Laundry:

- ❑ Keep things you use often on the lower shelves so that you don't need a step stool.
- ❑ If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Bathrooms:

- ❑ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- ❑ Install sturdy grab bars for the tub or shower and next to the toilet.

Bedrooms:

- ❑ Place a lamp close to the bed where it's easy to reach.
- ❑ Install a night-light so that you can see where you're walking. Many night-lights go on by themselves after dark. You can also install light switches or switchplates that glow.
- ❑ Add lighting to dark areas and hang lightweight curtains or shades on windows to reduce glare.

Other Safety Tips:

- ❑ Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- ❑ Put a phone near the floor in case you fall and can't get up. Keep emergency numbers in large print near each phone.
- ❑ Consider wearing an alarm device or whistle that will summon help in case you fall and can't get up.



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