

FALL PREVENTION

Welcome

Falls are the leading cause of injury and accidental death in adults over the age of 65 years. New or unfamiliar surroundings, improper footwear, cumbersome furniture arrangements and distractions all can cause a person to accidentally stumble and fall, causing serious injury and even death.



1

- Install grab railings in passages bathroom and shower to prevent slipping.



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- Stay active to maintain overall strength and endurance
- Ensure that there is adequate lighting in your house install night sensor lights in passage and bathrooms or use a nightlight when getting out of bed at night.



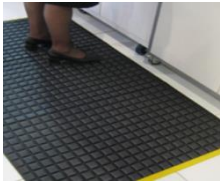
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Tips to remember to prevent falls:

- Appropriate footwear is very important, especially when walking longer distances and on uneven surfaces. Wear well-fitting comfortable nonslip flat shoes.
- Arrange furniture so that it creates plenty of room to walk freely. If you use a walking aid, ensure that doorways and hallways are large enough to get through with any devices you may use.
- Be very careful when carrying parcels while walking.

2

- Remove all loose rugs unless they can be secured firmly to the floor.
- Use nonslip strips or a rubber mats on the floor bath and shower



4

Always concentrate on the task of walking and watch where you are going, do not walk and talk at the same time especially your cell phone.



5

- Know your limitations. If there is a task you cannot complete with ease, do not risk a fall by trying to complete it.
- Keep the doctor staff informed if you have fallen and get advice.



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