



# Tips to Prevent Falls

**Falls can happen because of changes, to you or your surroundings. The more changes that happen the more at risk you are of falling.**

Help prevent a fall. Follow these 12 tips to reduce your risk.

## **1. Exercise regularly**

Regular exercise helps to maintain muscle tone, bone strength and flexibility, which reduces the risk of injuries.

## **2. Eat balanced meals**

It is important to eat three well balanced meals per day. Follow Canada's Food Guide.

## **3. Have regular health check-ups**

Changes in your vision, hearing, bones and muscles could lead to a fall. If you slip, trip or fall, visit your doctor.

## **4. Use medication safely**

Use medications as prescribed by your doctor. Check with your doctor before using over the counter medications, vitamins, minerals and herbal remedies.

## **5. Wear supportive footwear**

Wear low heeled footwear with non-skid soles indoors and outdoors.

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*Choose to be active. Increase your strength, flexibility and balance.*



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### 6. Use walking aids correctly

If you require a cane or walker, make sure they are in good condition and fitted for you and your needs.

### 7. Remove clutter

Clear objects from hallways, doorways and areas you walk.

### 8. Secure rugs

Avoid small rugs or mats that could slide or bunch up and cause someone to slip, trip or fall.

### 9. Light up your path

Use night lights to brighten dark hallways, bathrooms and stairs.

### 10. Do a home safety check

Check your home and make simple changes to make it safe. Use handrails, night-lights, grab bars and non skid bathmats.

### 11. Take time for friends

Take time to do what you enjoy, with friends and family.

### 12. Avoid rushing

Take your time. Plan ahead. Watch for hazards.

*Choose to be active. Increase your strength, flexibility and balance.*