



# HOW TO LOWER YOUR FALL RISK

FALLS CAN BE A SERIOUS RISK TO YOUR HEALTH AND SAFETY. HERE ARE SOME TIPS ON HOW TO AVOID FALLS:

- Stop and smell the roses: **take your time**, don't rush when walking or getting up
- Keep **stairs** and **walkways** free of clutter, ice or snow
- **Use hand rails and grab bars** to keep you steady on your feet
- **Balance your body** through good nutrition, hydration, and gentle stretching exercises
- **Keep an eye on your vision** and get your sight checked regularly
- **Know what you are taking**: talk to your pharmacist or doctor as some medications may make you prone to dizziness and falling
- **Put your best foot forward** in well-fitting, sturdy shoes
- **Light up your life**...and your hallways, stairs, and walkways!
- **Check your home** for **slipping and tripping hazards**
- **Ask for help** if you are worried about falling

Just in case...be prepared for what to do if you fall or witness a fall.

See the Public Health Agency of Canada's helpful publications:

[www.publichealth.gc.ca/seniors](http://www.publichealth.gc.ca/seniors)



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