

You can prevent falls:

By following these tips!

To improve your chances of keeping safe and not falling, use the following list and post in a convenient spot for frequent checking.

- **Be physically active every day — exercise for strength and balance.**
- **Eat regular, well-balanced meals.**
- **Keep your home and garden free of hazards.**
- **Install aids around your home such as grab bars, railings and non-slip surfaces.**
- **Keep your pathways and steps free of ice, snow, newspapers and leaves.**
- **Plan your outings to allow plenty of time — never rush.**
- **Use walking/balancing/hearing/seeing aids.**
- **Always remove your reading glasses when you're walking.**
- **Ask for assistance with heavy work.**
- **Keep an eye out for dangers and hazards; inform the proper officials of any unsafe condition.**
- **Manage and monitor your medications properly (check with your doctor or pharmacist).**

KEEP SAFE!

Please feel free to photocopy this Fact Sheet!