

PREVENTING FALLS: KEEPING YOUR BALANCE

Prevent falls with this simple personal safety checklist

PROTECT YOUR EYESIGHT & INNER EAR



- Have your eyesight and hearing tested yearly.
- Use good lighting and nightlights in your home.
- Remove your reading glasses before walking or using the stairs.

AVOID BECOMING DIZZY



- Before standing up and walking, pause for the count of 10 and take one slow deep breath before you take a step. Especially before getting up to use the bathroom.
- Avoid sudden movements especially when the telephone or doorbell rings.
- Consult your physician if you think your medication is making you dizzy. Learn about the possible side effects of prescription and off-the-counter medication.

WEAR PROPER FOOTWEAR



- Wear rubber or non-slip shoes, secure with laces or Velcro.
- Avoid slippers, walking barefoot or walking in stocking feet.

USE RECOMMENDED ASSISTIVE DEVICES



- Keep your walker or cane close to help steady your balance when walking.
- Hold onto handrails, grab bars, or something steady especially when reaching for the floor.
- Apply the brakes before standing up or sitting down.
- Carry items in the basket or a small bag attached to your walker.

STAY ACTIVE! PEOPLE WHO ARE PHYSICALLY ACTIVE ARE LESS LIKELY TO FALL



- Ideas for staying active: short walks in and around the home, taking the stairs, standing up from sitting.
- Remember to pick up your feet when you walk.