

# 10 Ways to Help Prevent a Fall

- 1** Begin or continue a regular exercise program to maintain strength and flexibility.
- 2** Wear well-fitting, comfortable shoes with non-skid rubber soles.
- 3** Remove or secure fall hazards around your home; for example, stick throw rugs to bare floors with double-sided tape.
- 4** Install grab bars in bathing areas and handrails on stairs.
- 5** Improve lighting in heavy traffic areas of your home, such as hallways, with high-wattage bulbs and night lights.
- 6** Be aware that certain chronic conditions increase your risk for falls; for example, hypertension may cause you to become dizzy if you stand up quickly.
- 7** Have your healthcare provider review your medication use, as several common medications increase your risk for falls and injuries.
- 8** If you have a pet, be aware at all times of where they are in relation to your walking space.
- 9** Have your vision checked at least once a year; poor vision increases your risk for falls.
- 10** Create an “emergency action plan.” Develop an easy way to summon help if you do have a fall, and make sure to keep contact information for your family, friends, or care providers next to phones and other communication devices.