

Falls Prevention

Did You Know...?

- Falls are the leading cause of traumatic brain injury in the US and Massachusetts.
- Fall rates are highest for children age 0 to 4 years and adults age 65 and older.
- 1 out of 3 adults over the age of 65 in America will experience a fall this year.
- Most falls are preventable!

Preventing Fall-related Injuries Among Children

1. Install safety bars/window guards on all windows and open windows from top only, if possible.
2. Always use safety gates at the head and foot of stairways.
3. Never leave babies alone on any furniture, even if they have never rolled over.
4. Remove clutter from floor and stairs.
5. Always supervise children during trips to the playground and choose well-maintained, age-appropriate playgrounds with soft and flexible materials.



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Preventing Falls Among Older Adults

1. Begin or continue a regular exercise program to maintain strength, flexibility, and balance.

2. Wear well-fitting, comfortable shoes with thin, non-skid rubber soles.

3. Remove or secure fall hazards around your home, such as sticking 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 and stairs, with high-wattage bulbs and night lights.

6. Get regular checkups and talk with your doctor about possible side effects of your medications.



7. If you have pets, be aware at all times of where they are in relation to your walking space.

8. Have your vision checked at least once a year; poor vision increases your risk for falls.