



# 10 FALL PREVENTION TIPS for Seniors

**June is National Safety Awareness Month** — The National Safety Council has designated the third week of the month — the week of June 20th — to raise awareness around falls and fall prevention.

**Falls remain a leading cause for injury in the United States:** in fact, one in three older adults falls each year. In 2013 alone, over 2.5 million non-fatal falls were treated in the emergency room. Although falls may be more common in older adults, they can happen to anyone of any age, and there are many things you can do both in and out of the home to decrease the risk of falling.

## Below are 10 Simple Tips for Fall Prevention from the National Safety Council and Other Resources

1

**Remove tripping hazards** such as books and papers, shoes, and boxes from stairs and hallways, and secure rugs.<sup>1</sup>



6

**Wear sensible shoes** with nonskid soles and a proper fit.<sup>2</sup>



2

**Install grab-bars** in the bathroom, both around the toilet and in the shower.<sup>1</sup>



7

Poor vision is a major factor in falls. **Get an eye exam** at least once a year to keep prescriptions current and eyes functioning their best.<sup>3</sup>



3

Keep frequently used items within **easy reach**, so you don't have to climb or strain for them.<sup>1</sup>



8

Consider adding extra personal security by using a **mobile alert systems with GPS** to access emergency help at any time.



4

Make sure that both inside and outside the home has **adequate lighting** so you can see your path while walking.<sup>1</sup>



9

**Medication errors** are one of the main catalysts for falls. Keep an updated medication list, as well as all current labels attached to the bottle. Make sure to take the instructed dose, and talk to the pharmacist about any questions.<sup>4</sup>



5

**Check and repair** any damages to walkways or steps regularly.<sup>1</sup>



10

**Stay active!** Even gentle exercise can increase strength and balance, helping to reduce the risk of falls.<sup>5,6</sup>

