



It's Time To Prevent Falls

Prevent a fall – Protect your way of life

Brought to you by the Adult Injury Prevention Network

For more information call

Region of Peel - Public Health

905-799-7700

Adapted and re-printed with permission from:

Public Health Falls Prevention Work Group
Durham Region Health Department

 **Region of Peel**
Working for you
Public Health

12 Tips to Prevent Falls

- 1. Exercise Regularly**

Regular exercise helps to maintain muscle and bone strength and flexibility, reducing the risk of injuries.
- 2. Eat Balanced Meals**

It is important to eat three well-balanced meals per day to avoid weakness, dizziness and fatigue.
- 3. Have Regular Health Check-Ups**

Changes in your vision, hearing, bones and muscles could lead to a fall. If you fall, visit your doctor.
- 4. Use Medication Safely**

Some medications can make you drowsy or dizzy. If you experience any of these side effects, discuss them with your doctor or pharmacist.
- 5. Wear Supportive Footwear**

Wear low-heeled footwear with non-skid soles while indoors and outdoors.
- 6. Use Walking Aids Correctly**

A cane or walker should be fitted for your height.
- 7. Remove Clutter**

Clear objects from stairs and high traffic areas in and around your home.
- 8. Secure Rugs**

Avoid small scatter rugs or mats that could slide or bunch up and cause you or someone else to trip.
- 9. Light Up Your Path**

Night-lights can be used to brighten dark hallways, bathrooms and stairways.
- 10. Do A Home Safety Check**

Basic safety features for every home include secure handrails, well-lit stairs, night-lights, non-skid bath mats and grab bars.
- 11. Take Time for Friends**

People who are isolated, lonely and less active have more falls and more serious injuries.
- 12. Avoid Rushing**

Rushing increases your risk of falling. Take your time.

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