

Your Health Matters

Name: _____

PREVENTING FALLS

- ☐ **1. Stay healthy.** Eat regular meals, stay hydrated and well-rested.
- ☐ **2. Keep fit.** Stay physically active and exercise regularly.
- ☐ **3. Get regular eye and ear exams.** Wear glasses and hearing aids as prescribed.
- ☐ **4. Take medications as prescribed.** Report side effects to your health care provider.
- ☐ **5. Keep it close.** Ensure you can reach a phone or emergency call button to get help if you fall.
- ☐ **6. Grab handrails.** Avoid carrying items when using stairs.
- ☐ **7. Stay grounded.** Keep off step stools and ladders. Ask for help instead.
- ☐ **8. Avoid rushing.** Move slowly when getting up or turning.
- ☐ **9. Pace yourself.** Break tasks into smaller parts and alternate activity with periods of rest.

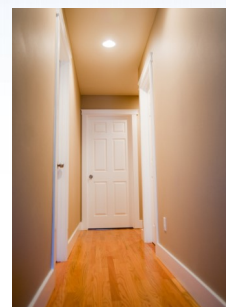


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- ❑ **10. Keep walkways clear.** Remove obstacles and secure electrical cords.
- ❑ **11. Turn on the lights.** Use night lights in household walkways so you can see where you're going.
- ❑ **12. Secure rugs and mats.** Tape the ends or use a non-slip mat. Remove where possible.
- ❑ **13. Hold on tight.** Install grab bars in the bathroom and use a rubber mat in the tub.
- ❑ **14. Sit down** when putting on or taking off clothes and shoes.
- ❑ **15. Get a grip.** Wear closed-toed and closed-heeled, slip resistant slippers and shoes.
- ❑ **16. Use walking aids properly.** Talk with your health care provider about using canes or walkers.
- ❑ **17. Know what to do if you fall.** Learn how to get up on your own or have a plan to call for help and wait safely until help arrives.



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