

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.** Stay safe with these tips!



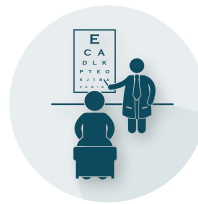
1 Find a good balance and exercise program
Look to build balance, strength, and flexibility.



2 Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls.



3 Regularly review your medications with your doctor
Make sure side effects aren't increasing your risk of falling. Take medications as prescribed.



4 Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet.



5 Keep your home safe
Remove tripping hazards (clutter, loose rugs), increase lighting, make stairs safe, and install grab bars in bathroom areas.



6 Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



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