

Fall prevention tips for seniors



What to do to prevent falls

- ▶▶ Strength & balance exercises
- ▶▶ Non-slip footwear
- ▶▶ Well-lit living spaces
- ▶▶ Install grab bars
- ▶▶ Carpet the floors
- ▶▶ Regular eye check-ups
- ▶▶ Always stand up slowly
- ▶▶ Use a walker if needed



Main causes of falls

- ▶▶ Slippery floors
- ▶▶ Dimly-lit areas
- ▶▶ Weak lower body
- ▶▶ Lack of exercise
- ▶▶ Side effects of medication
- ▶▶ Poor vision or hearing



What to do if they fall

- ▶▶ Stay calm & do not panic
- ▶▶ Check for injuries
- ▶▶ Help them get off the floor slowly
- ▶▶ STOP if they are in pain
- ▶▶ Call an ambulance if they are unable to get up



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