

## 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 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 traffic areas.
8. **Secure Rugs:** Avoid small rugs or mats that could slide or bunch up and cause someone 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:** Research tells us that those who are isolated, lonely and less active have more serious injuries.
12. **Avoid Rushing:** Rushing increases your risk of falling – take your time.

(source: York Region Health Connection)