

PREVENTING FALLS

TIPS TO REDUCE YOUR RISK



SEE YOUR DOCTOR TO ENSURE YOU DON'T HAVE CONDITIONS WHICH COULD PUT YOU AT RISK FOR FALLING

EXERCISE CAN HELP IMPROVE STRENGTH AND BALANCE



STAND UP SLOWLY

WEAR PROPER FOOTWEAR



CHECK TO SEE IF YOUR MEDICATIONS CAN MAKE YOU SUSCEPTIBLE TO FALLING

MAKE YOUR HOME AS SAFE AS POSSIBLE



Fall Prevention With Smart Goals And Objectives

Mark Cannon, Brian Griffith



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