

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



STAND UP
SLOWLY



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



EXERCISE CAN
HELP IMPROVE
STRENGTH AND
BALANCE



WEAR
PROPER
FOOTWEAR



MAKE YOUR
HOME AS SAFE
AS POSSIBLE



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