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 or pharmacist.
Make sure side effects are not increasing your risk of falling.

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

5 - Keep your home safe.
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6 - Talk to your family members.
Enlist their support in taking simple steps to stay safe.
Every 11 seconds, an older adult is treated in an Emergency Department for a fall. Falling is not an inevitable result of aging. Use the tips below to prevent falls in your home.

**Floors:**
- Remove throw rugs or use double-sided tape or non-slip backing so rugs won’t slip.
- Pick up things that are on the floor. Keep objects off the floor.
- Coil or tape cords and wires next to the wall so you don’t trip over them.

**Stairs and Steps:**
- Pick up things on the stairs. Always keep stairways clear.
- Fix loose or uneven stairs.
- Have an electrician install an overhead light and light switch at the top and bottom of the stairs.
- Make sure the carpet is firmly attached to every step.
- Make sure handrails are available on both sides of the stairs and extend the length of the stairway.

**Bathroom:**
- Place a non-slip rubber mat or self stick strips on the floor of the tub or shower.
- Have grab bars installed next to and inside the tub and next to the toilet.

**Kitchen:**
- Move items into your cabinets. Keep things you use often on lower shelves.
- Never use a chair as a step stool.

**Bedroom:**
- Place a lamp close to the bed where it’s easy to reach.
- Put in a night-light so you can see where you’re walking at night.

Information provided by the National Council on Aging (NCOA) and Centers for Disease Control and Prevention (CDC).
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