

Take these easy steps to reduce your risk of falling and live a healthy independent life:

- 1. Stay active.**
Regular exercise can help your muscle strength, flexibility and balance. Join a program at your local senior center or gym.
- 2. Talk to your doctor about falls.**
Tell your doctor if you have fallen. Ask your doctor to assess your fall risks.
- 3. Regularly review your list of medications with your doctor or pharmacist.**
Some medications have side effects that can make you feel dizzy or sleepy, raising your risk for falling. Talk to your doctor or pharmacist about this possibility and any suggestions they have.
- 4. Get your vision and hearing tested at least annually.**
Poor vision and hearing loss can put you at greater risk for falls.
- 5. Make your home safer.**
Remove clutter from the floor. Install handrails and grab bars. Get rid of throw rugs. Improve lighting, especially on stairs. Wear firm non-slip shoes.

For more information call:
1-800-227-SAFE (7233)

Falls are the leading cause of injury among older adults. But falls are preventable.

Keep Falls Away:

Take These Steps Today!

Learn More:

1-800-227-SAFE
1-800-227-7233



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Massachusetts Department of Public Health
Massachusetts Falls Prevention Coalition