

# FALL PREVENTION

Most falls can occur anywhere, both inside and outside the home, during activities such as walking, climbing steps and bathing. According to the World Health Organization, falls from accidental or unintentional injuries are the second leading cause of death in the world. It is estimated that annually there are 646,000 fatal falls, mainly in people over 65 years of age.

## RISK FACTORS

- Muscle weakness
- Loss of reflexes
- Fatigue
- Vision problems
- Use of some medications that cause dizziness or sleep
- Barriers in the structure of the home

## HOW YOU CAN PREVENT FALLS AT HOME:

- Store food and utensils on low shelves where you can easily reach them.
- Keep heavy equipment over the top of the cabinet to avoid constantly moving them.
- Keep a lamp near the bed, such as on the bedside table.
- Do not use bed sheets that are slippery.
- Get out of bed slowly.
- Avoid having carpets in the bedroom.
- Place grip barriers near the toilet and inside the shower.
- Stick non-slip tapes on the floor of the shower or bathtub and on the stairs.



- Use a toilet seat with an adequate height.
- Place a handrail on both sides of the stairs.
- Keep good lighting in the stairwell area.
- If you feel dizzy, ask for help before standing up.
- Use your ambulation assistance equipment (example: cane, walker). If you think you need one, discuss it with your doctor
- Do not take medications that may put you at risk of falling. Discuss it with your doctor

## AVOID THE FOLLOWING TO PREVENT FALLS OUTSIDE THE HOME:

- Places with low lighting
- Areas with wrinkled carpets
- Wet floors
- Goods misplaced or on the ground
- Uneven or badly conditioned pavement
- Tree roots
- Narrow stairs without railing or without non-slip plastics

Remember to wear comfortable shoes that do not slip, keep a notebook on hand or record emergency phone numbers on your cell phone, and ask for help for difficult tasks. It is important to follow a balanced diet and get physical activity to stay strong and healthy.