See clearly to prevent falls.

Make the most of your vision.

Have an **Optometrist** check your eyes and glasses **every year**.

Increase **lighting** in the home, especially at night.

Reduce glare with curtains and blinds.

Wear **sunglasses** and a hat outside.

Highlight edges of steps and stairs.

Allow your eyes to **adjust** to changes in light before moving.

This poster was developed by Stay On Your Feet – Adelaide West, a project funded by the Commonwealth Department of Health and Aged Care as part of the National Falls Prevention for Older People Initiative. The content is used with the kind permission of the Australian Department of Health.

sahealth.sa.gov.au/falls

Government of South Australia

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25031.6 April 2025