Don’t fall for it. Falls can be prevented!

**Medication.** Know how medicine affects you and discuss side-effects with your pharmacist or doctor.

**Keep Active.** Exercise regularly to maintain balance, muscle strength and flexibility.

**Eyesight.** Have your eyes checked once a year and keep glasses clean. Wear separate glasses for reading and moving around.

**Lighting.** Increase the level of light in your home. Eliminate glare. Use lights when getting up at night.

**Footwear.** Wear well fitting, flat shoes with non-slip soles.

**Slipping hazards.** Use non-slip mats or floor treatments. Have handrails installed in areas like bathroom, toilet and at the front and back door.

**Tripping hazards.** Remove tripping hazards around your home and garden.

**Take care.** Ask for help when you are having difficulty and don't put yourself at risk.

**Getting help.** Keep in daily contact with someone who can organise help if you need it, especially in an emergency.

Take action now.

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