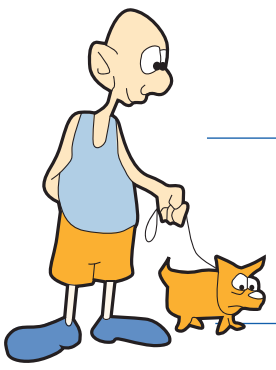
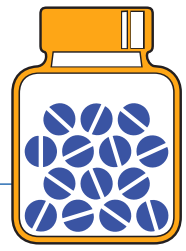
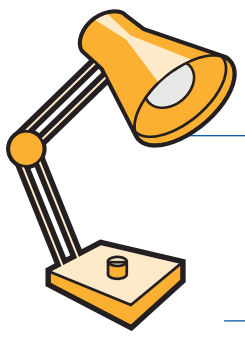
Don’t fall for it. Falls can be prevented!



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.

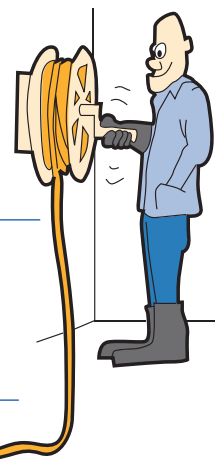


Eyesight. Have your eyes checked once a year and keep glasses clean. Wear separate glasses for reading and moving around.

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.

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.

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