

# SENIOR FALL PREVENTION



*Falls are the leading cause of injuries for the elderly community and can greatly reduce their ability to remain independent. Take steps now to protect your health and reduce your fall risk.*



*Every 11 seconds, an elderly adult is treated in the emergency room for a fall. Every 19 minutes, an elderly adult dies from a fall.*



**Orange County  
Fire Authority**

**(714) 573-6200**  
[ocfa.org](http://ocfa.org)



## **Manage Meals, Meds, and Exercise**

- Choose healthy meals and stay hydrated to prevent drops in blood pressure.
- Review medications with your doctor or pharmacist. Many drugs prescribed for seniors come with fall-risk warnings.
- Do exercises that will improve your strength and balance such as Tai Chi or Yoga.

## **Make Your Home Safer**

- Add grab bars outside the shower or tub and near the toilet.
- Place non-slip mats in the bathtub and on the shower floor.
- Keep traffic areas clear by removing shoes, clothing, books, electrical cords, or other items you may trip over.
- Make sure bathrooms, hallways, and stairs are well lit.
- Replace throw rugs with non-slip rugs. Use non-skid pads under rugs to add stability.
- Install handrails along both sides of hallways and stairs.
- Use risers to elevate beds, chairs, and sofas.
- Rearrange cabinets and drawers so items used most often are within easy reach.
- Wear sturdy shoes with non-slip soles both inside and outside your home.

## **Have Your Eyes Checked**

- See your eye doctor at least once a year, and update your eye glasses, if needed.