Prevent Falls and Stay Safe

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Description
This patient education handout shares tips on preventing falls.

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Disciplines
Occupational Therapy | Rehabilitation and Therapy

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Prevent Falls and Stay Safe

Did you know?
Many falls can be prevented!
Making small changes can help lower your risk of falls.

If you fall:
1. After a fall, you may fear falling again.
2. As a result, you may be less active.
3. Less activity leads to less strength and balance.
4. This increases your chance of falling.
5. You are more likely to fall again.

To prevent falls:
1. Try the tips listed to help you stay safe.
2. Ask for help when needed.

Keep Yourself STEADY

Safe Footing
- wear non-slip shoes

Take Your Time
- go at your own speed

Energy Conservation
- take rest breaks

Active
- be active to keep your body strong

Devices
- if needed, use a cane or walker

You are in Charge
- do what works for you

Reference
Tips to Prevent Falls

- **Stay active!** Being active:
  - Increases your energy.
  - Improves your sleep.
  - Improves your bone strength.
  - Improves your strength, flexibility, and balance.
- Eat healthy food and drink plenty of water.
- Control your weight, blood pressure, and blood sugar level.
- Wear shoes that fit well with flat, non-slip soles.
- Sit down when dressing.
- Stand up slowly after sitting or lying down.
- Turn the light on so you can see where you are going.
- Get rid of clutter and things on the floor you could trip on.
- **Call your doctor if your feet are painful, swollen, or numb.**