



# Fall Prevention for Seniors

[www.ocfa.org](http://www.ocfa.org)

## Safety Steps

The fear of falling has caused a decline in active living and the engagement of regular life activities with 25% of the population of seniors aged 75 and older. However, falls are not just the result of getting older. Most falls can be avoided by simply applying the steps listed in this flyer. There is a safe way to live your life to the fullest!

*According to the NFPA, statistics show that falls are the leading cause of death from unintentional injury in the home.*

**Don't sweat what's wet!** Wipe up spilled liquids immediately. Use non-slip mats on shower and bathtub floors. Install grab bars on the wall next to tub, shower, and toilet.



**Stay in shape!** Regular exercise can reduce the risk of falls and other health issues by building muscles and improving balance and coordination. Talk to your physician about which exercise plan is best for you.

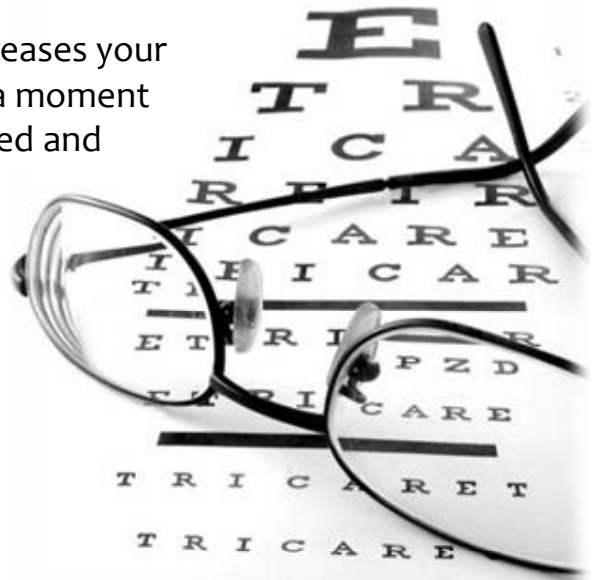
**Create a clear path!** Keep stairs, hallways, exits, and other walk ways free of cables, shoes, magazines, and other items.

**Throw out rugs that bug!** Only use throw rugs with rubber, non-skid backing. Always smooth out wrinkles and folds in carpeting.

# Slow and Steady Keeps You Safe!

**Take your time!** Distractions and anxiety increases your chances of a fall. Slowly get out of chairs. Rest a moment before you get out of bed. Be sure to be balanced and centered before beginning your walk.

**Do you have happy feet?** Well-fitted, low heeled shoes with non-slip soles are the safest and sturdiest things for your feet. Avoid wearing high heels, thick soled athletic shoes, slippers, or stockings that could lead to a slip, loss of balance, trip, and fall.



**Look out!** Have your eyes checked regularly and prescriptions filled in a timely manner. Poor vision can dramatically increase your chance of a fall. Likewise, be sure that your home, walkways, and stairs are well lit. Use night lights to light the path between your bedroom and bathroom. Turn on the lights before using your stairs. Make sure that both the bottom and top of the stairway are well lit. Have handrails that are easy to grip installed along the full length of both sides of your stairwell.



## For More Information

Orange County Fire Authority  
(714) 573-6200  
[www.ocfa.org](http://www.ocfa.org)

National Fire Protection  
Association  
[www.nfpa.org](http://www.nfpa.org)

Centers for Disease Control  
and Prevention  
[www.cdc.org](http://www.cdc.org)