

Take Steps to Prevent a Fall.

Every 11 seconds an older adult is treated in the emergency room for a fall-related injury. Be proactive. Prevent falls with these simple tips.



Be Aware of Wet or Slick Surfaces.

Clean up any spills around the house. Use railings whenever possible to help support you on any wet surfaces.



Wear Properly Fitting Shoes With Slip-Resistant Soles.

Snug, comfortable footwear with rubber soles helps provide the right traction indoors or out.



Make Regular Doctors' Appointments to Check Vision and Hearing.

Your vision and hearing greatly affect your balance. Regular checkups will help keep you on your feet.



Exercise Regularly.

Ask your health care provider to help you choose the right exercise program to improve strength and balance.



Review Medications and Supplements With Your Doctor or Pharmacist.

Prevent balance issues that may occur as a result of side effects or combinations of medications (including herbal supplements and home remedies).



Make Simple Home Improvements.

Make sure all halls and stairs throughout your home have adequate lighting. Install grab bars in bathrooms to provide extra stability around showers, tubs and toilets.



**SOUTHEAST GEORGIA
HEALTH SYSTEM**

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