

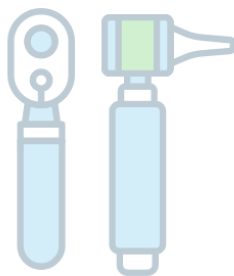
Falls Prevention Awareness Week

FALLS FREE SAFETY STEPS



Home

Install grab bars in high risk areas like stairs and your bathroom. Make sure you have good lighting and remove tripping hazards



Hearing

Visit an audiologist to have your ears and hearing checked annually



Healthcare Team

Regularly review your medications with your doctor or pharmacist, and share your history of falls with your healthcare team



Friends and Family

Include loved ones in your plans to stay safe and falls free



Vision

Visit an eye doctor to have your eyes and vision checked annually



Physical Activity

Find local programs that help safely build balance, strength and flexibility