

Stop Falls



SAFE STEPS TO FALL PREVENTION

Did you know???

Common causes of balance and mobility problems:



- ☐ Muscle weakness
- ☐ Decreased sensation in limbs
- ☐ Dizziness or vertigo
- ☐ Vision impairment
- ☐ Arthritis or painful condition of legs or feet

Ask your doctor or pharmacist to review your current medications including:

- ☐ Herbal supplements
- ☐ Over-the counter drugs
- ☐ Prescriptions...after changes, take extra caution



Simple things you can do:

- ☐ Remove things you may trip over...throw rugs.
- ☐ Use recommended assistive devices.
- ☐ Have grab bars installed next to your tub and alongside your toilet.
- ☐ Increase lighting in your home.
- ☐ Have handrails installed on all staircases.
- ☐ Invest in proper footwear.
- ☐ Focus on one task at a time.



For free room assessment contact:

AFRH Safety Office

(202) 541-7756 or (228) 897-4406

<https://www.afrh.gov/>

