



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

UNIVERSITY *of* WASHINGTON

Fall Prevention Week

Tips and guidelines to help
older adults prevent falls



Falls can be Prevented

Simple things you can do to keep yourself from falling

Ask your doctor

- To evaluate your risk for falling
- To review your medicines to see if any might make you dizzy or sleepy

Get your eyes checked

- Have your eyes checked at least once a year

Make your home safer

- Remove trip hazards
- Add grab bars to tub/shower and next to toilet
- Put railings on both sides of stairs
- Make sure your home is well-lighted

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"Falls are the leading cause of injury in older adults. Talking with your doctor, getting your eyes checked, removing tripping hazards at home, and exercising regularly can all help reduce the risk of falling."



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