

Helpful tips to help you stay safe and avoid falls

- Wear supportive, rubber-soled shoes both inside and outside
- Avoid going barefoot or wearing slippers
- Get up slowly after you sit or lie down
- Be on the lookout for uneven/slippery surfaces
- Crossing streets can be hazardous, step carefully off curbs and try to give yourself plenty of time
- Please use a cane, walker or other device if instructed by your doctor
- If you have osteoporosis or are over the age of 80, please pay particular care to these tips



Taking care of yourself

Be sure to have a falls risk assessment. Your primary care physician's office can evaluate you, or if you are a patient here, we can provide that information during your visit.

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**STAND TOGETHER
TO PREVENT FALLS**

Prevent falls
before they happen

AMSURG
An **Envision Healthcare** Solution

Easy tips for you to reduce your risk of falling



Pets

- Smaller dogs or even cats may be underfoot without your knowledge. It can be helpful to place a small bell on a collar so that you can hear when your pet is in close proximity
- Keep control of your pet when people of all ages visit your home. Older people and those with impaired balance may be at risk of falling when they encounter your pet



Home safety

- Remove things you can trip over from stairs and places you walk
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping
- Keep items you use often in cabinets that you can reach easily without using a step stool
- Get a sturdy step stool with a bar to hold on to while using
- Have grab bars put in next to your toilet and in the tub/shower
- Use non-slip mats in the tub and on shower floors
- Increase the brightness and amount of lighting in your home
- Use night lights
- Have handrails and lights put in on all staircases
- Use reflecting tape at the top and bottom of the stairs so you can see them better
- Coil or tape cords and wires next to the wall so you don't trip over them



Medication

Ask your doctor or pharmacist to review your medicines—both prescription and over-the counter—to reduce side effects and interactions. Take medications only as prescribed or directed. Some medications or combinations of medications can make you sleepy or dizzy and cause you to fall.



Engage in regular physical activity

Exercise is one of the important ways to lower your chances of falling. Studies show that balance, flexibility and strength training not only improve mobility, but also reduce the risk of falling. Determine a plan for regular physical activity that fits with your interests and abilities. Don't forget to ask your physician what types of activities are best for you.



Vision

Poor vision can increase your chances of falling. Have your vision checked at least once a year and wear your eyeglasses/contacts as recommended by your physician.

