



Reducing Your Risk of Falling

Falls are a serious risk for senior citizens and a leading cause of death for many. Forty percent of those ages 65 and older fall each year with almost 10% of those resulting in serious injury. Preventing falls is of the utmost importance.

Many factors which contribute to falls include poor vision, medications, decreased strength, poor lighting, wet or rough flooring and other causes.

Reducing these risks can be as simple as securing loose rugs and removing any obstacles from pathways. Installing handrails around shower and tub enclosures is highly recommended.



Preventing Falls

- Bathtubs, showers and toilets should all have handrails and/or grab bars.
- Never climb to get to hard-to-reach items. Ask for help.
- Remove all obstacles from pathways.
- Remove all throw rugs.
- Stairs ways should be well lit and always use handrails.
- When getting out of bed or up from a chair, rise slowly and carefully.

Sources: *U.S. Consumer Product Safety Commission*
<http://www.cpsc.gov>

Centers for Disease Control and Prevention
<http://www.cdc.gov/ncipc/pub-res/pubs.htm>