

M1940 Fall Prevention Teaching Sheet

Perform Daily Exercise

- Engage in at least 15 minutes of daily exercise: walking, stationary cycling, rehabilitation exercises, etc.



Make Your Home Safe

- Remove cords, papers, books, clothes, and shoes—all items—from stairs and walkways.
- Remove small throw rugs from stairs and walkways.
- Keep items in easy reach without using a step stool.
- Install grab bars next to the toilet, tub or shower.
- Install non-slip mats in the bathtub and on shower floors.
- Make sure walkways and stairs are well-lit.
- Install handrails and lights on all staircases.
- Wear shoes that provide good support.
- Avoid wearing slippers.



Know Your Medications and Their Side-Effects

- Diuretics, blood pressure medications, pain killers, anti-depressives and drugs for the nervous system can cause drowsiness and increase risk for falls.



Correct Vision Problems

- Make sure your eyeglass prescription is up-to-date.

