

Stay balanced

10 EASY STEPS to prevent falls

Be active

Exercise regularly to help build muscle strength, balance and reduce fatigue.

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Check vision

Have regular, comprehensive, dilated eye exams and keep prescription eyeglasses up-to-date.

Wear shoes

Instead of walking around barefoot or in socks, always wear slippers or shoes with nonslip soles.

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Monitor meds

Dizziness or fatigue might be linked to medications, so talk to your doctor about side effects.

Use support

If needed for balance and stability when walking, use a cane or walker.

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Prevent slips

Install handholds for toilet and tub, and use a shower chair when bathing.

Avoid tipsiness

Drink alcohol in moderation, and know any interactions it may have with your prescription medications.

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Omit hazards

Make sure household rooms and hallways are always well lit. Avoid throw rugs and slippery floors.

Take vitamin D

Ask your doctor about this supplement, which can improve muscle strength and balance.

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Discuss risks

Get tailored advice from your health care provider about preventing falls.