

Tips to Prevent a Fall

Falls are the number one cause of injury for seniors in Canada.

Preventing Falls at the Hospital

Staff are here to help! Let us know if you:

- Are fasting.
- Have ever fallen or fainted during a procedure.
- Feel weak or shaky when you walk.
- Use a cane or a walker.
- Use your call bell and ask staff for assistance.
- Wear non-slip socks or shoes while moving around your room.

Preventing Falls at Home

- Keep your floors and pathways clutter-free.
- Remove throw rugs.
- Install grab bars in the bathroom.
- Use handrails and turn on lights on all staircases.
- Wear non-slip and supportive footwear inside and outside.
- Move slowly when standing up or sitting down.

Health Tips for Preventing Falls

- Review medications with your healthcare provider or pharmacist and discuss any side effects such as feeling dizzy or sleepy.
- Have your eye health and hearing checked routinely.
- Stay connected through social activities.
- Drink water regularly to prevent dizziness and weakness.
- Eat meals and snacks during the day.
- Keep moving with activities like walking, swimming, or Tai Chi to improve strength, flexibility and coordination.

Most Falls are Preventable

For more fall prevention information and resources, visit WRH.on.ca/FallPrevention

