

Be smart. Prevent falls.

Preventing falls for Seniors



Did you know that...

Falls are the leading cause of injury-related hospitalizations among Canadian seniors.*


Between 20% and 30% of seniors fall each year.*

Falls can cause more than just physical injury – they can result in fear, immobilization and isolation which can negatively affect mental health.*

Falls among seniors are preventable.

*Government of Canada

Protect yourself or your loved one from falls.

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- ✓ Ensure that all walking surfaces in your home are non-slip (including floors, bathtubs and showers).
 - ✓ Wear solid footwear with a non-slip sole. Avoid slip-on slippers, footwear that is too big or loose, or shoelaces that are not tied.
 - ✓ Remove floor mats and area rugs – these are a major tripping hazard. If you must have them, ensure they are non-slip.
 - ✓ Ensure all handrails are solid and consider installing grab bars in locations where you must sit and stand regularly– like the bathroom.
 - ✓ Have adequate lighting throughout all rooms in your home and consider the use of night lights.
 - ✓ Never rush and ASK for HELP when you need it!

If you or your loved one has a fall that results in injury - call 911 and ask for Paramedics.

A friendly safety reminder from your Ambulance Paramedics and Emergency Dispatchers of BC. For more safety tips visit www.apbc.ca.