



www.northcountyfire.org

Take Steps to Reduce Falls

Make Your Home Safer

- Clear pathways and clutter
- Remove throw rugs
- Improve lighting throughout the house
- Use nightlights
- Install grab bars and stair railings
- Look into having a home safety assessment



Fall Prevention

Review your medications with a Doctor or Pharmacist

Some medications cause dizziness or drowsiness which may increase your risk of a fall. This includes prescriptions, over-the-counter medicines, vitamins and herbals.

Have your vision checked yearly

Beware: Trifocal and bifocal lenses may cause vision problems when you are looking down.

Stay Active

Strength, balance and movement are important in reducing falls. Ask your doctor if it's okay to start walking or exercising.

- Order the Sit & Be Fit DVD, call (650) 573-3728.
- Walk or exercise with a friend.
- Keep active in your home.
- Call your local senior center for fun classes
- Wear a medical alert device & set up a plan to have someone check in with you daily.

Getting Up From a Fall

After you fall, panic is often your first reaction. However, how you react after a fall can cause more injuries than the fall itself. If you try to get up too quickly or in the wrong position, you may make an injury worse. Remember to take several deep breaths and assess the situation and determine if you are hurt. If you believe you are injured, do not attempt to get up. Instead, call 911 or get help from a family member. But if you feel strong enough to get up, follow these steps provided by the American Academy of Orthopaedic Surgeons.



1. Try to fall on your side or buttocks. Roll over naturally, turning your head in the direction of the roll



3. Slowly begin to rise. Bend whichever knee is stronger and keep your other knee on the floor.



2. If you can, crawl to strong, stable furniture like a chair, and pull yourself up. Approach the chair from the front and put both hands on the seat.



4. Slowly twist around and sit in the chair.

For additional information on Fall Prevention,
call (650)573-3728 or visit
www.smcfallprevention.org