

# Speak Up: To Prevent Falls

Injuries from falling can lead to serious physical problems, but there are easy things you can do to help prevent slipping and falling.

How's your wrist today?

A bit better. I'm going to my optometrist today. I think I need new glasses.

Look out! Yeah, new glasses will probably help!

Improve your balance by exercising and drinking water to prevent dehydration, and have your vision checked.

By installing nightlights in commonly used areas and non-slip treads on the stairs, you can make your home safer.

I think at about 1 a.m., these are going to come in handy. Well, that and grandma!

Ooh, we are going to have some fun tonight!

Here comes grammy! I'm clocking in.

Always use handrails, wear shoes that have non-slip soles with backs on them

And look, I found BaBa!

And avoid clutter, to make sure pathways are clear.

If you are staying in a hospital or nursing home, or are getting physical therapy: Ask for help. You may be weaker than you realize. Tell your doctor or nurse if medication makes you drowsy or unbalanced.

Injuries from a serious fall can affect your health for the rest of your life, so be sure to Speak Up™ To Prevent Falls.