

FALLS

Falls Are Preventable

Prevent Falls in Public Places

Did You Know?

A fall only takes a second, but you can lose years that would be better spent enjoying an active and independent life.

Here are some general points to keep in mind when outside of the home.

- Your chances of falling are increased if you are feeling rushed, distracted or not concentrating. Taking your time and paying attention are good ways to keep yourself from falling.
- Be aware of animals, small children, other pedestrians, joggers, cyclists etc.
- If you use glasses or a hearing aid, it's wise to wear them outside.
- Walking aids need to be individually fitted and regularly maintained. Remember to take them with you when you go out.
- Don't use an umbrella as a substitute for a walking stick – it's not strong enough to support you.
- Wearing safe shoes with slip resistant soles will help you to keep your balance.
- Take your time getting on and off buses and trains. Keep at least one hand free to hold on.



What can you do to make the public environment as “fall proof” as possible?

- Report any hazards that you see to relevant authorities eg uneven footpaths or spills in shopping centres.
- Where possible use pedestrian crossings to cross the road.
- Use handrails on steps and stairs.
- Plan your outings, appointments and shopping for less busy times.
- Take your time and plan ahead so you don't rush



Health
Central Coast
Local Health District

For more information on how to avoid a fall go to
www.healthpromotion.com.au
or contact the Health Promotion Service on 4320 9700.