

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.



- 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.