

# FALLS

## Falls Are Preventable

### Prevent Falls in Public Places

By being physically active, wearing proper footwear, having your eyes checked and being aware of hazards.

**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 and vehicles.
- If you use glasses or a hearing aid, wear them outside.
- Remember to take your walking aid with you when you go outside. They need to be individually fitted and regularly maintained.
- 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. Wait for the bus to stop completely before standing up. 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.
- Download and use the “Snap, Send, Solve” app. The hazard will be sent to the Local Council.
- Where possible cross at traffic lights or use pedestrian refuges.
- 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.



Central Coast  
Local Health District

For more information visit:

[healthpromotion.com.au/healthy-ageing](http://healthpromotion.com.au/healthy-ageing)

[activeandhealthy.nsw.gov.au](http://activeandhealthy.nsw.gov.au)

[gethealthynsw.com.au](http://gethealthynsw.com.au)

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