



Live Strong and Safe

Falls Prevention Program

Tips for

Preventing Falls



Sit down when putting on slacks, pantyhose, socks, or shoes.



Place your bedspread on a chair at night so it cannot be tripped over.



Remove casters from chairs.



Avoid rushing to answer the telephone, instead use a telephone answering machine.



Count steps when walking up or down stairs.



Watch your step when carrying objects in both arms.



Carry a portable telephone into the bathroom or have one close to your bed and favorite chair.



Make sure the dishwasher door is up when answering the telephone or front door.



Use a flashlight at night to help get around your house in the dark.



Tape down telephone wires/extension cords in rooms.



Make a conscious effort to watch your feet when stepping up or down from curbs.

AREA 4
Agency on Aging

Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo & Yuba Counties

2260 Park Towne Circle, Suite 100 • Sacramento, CA 95825
Phone: (916) 486-1876 • Fax: (916) 486-9454 • www.a4aa.com