

# Steps to Prevent a Fall

**MOVE  
IMPROVE  
REMOVE®**

## Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can stay independent and enjoy the fun things in life.

### 1 MOVE your body

- ▶ Challenge your balance and build strength and flexibility with regular physical activity.
- ▶ Enhance your stability and coordination with activities such as walking, swimming, or Tai Chi.
- ▶ Increase the intensity of your physical activity over time to build stronger muscles.

### 2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist, and discuss any side effects such as feeling dizzy or sleepy.
- ▶ Have your eye health and hearing checked regularly.
- ▶ Keep up your social activities.
- ▶ Routinely clean your teeth and gums.
- ▶ Eat a nutritious diet and stay hydrated.

### 3 REMOVE hazards

- ▶ Keep your floors and pathways clutter-free.
- ▶ Install grab bars in the bathroom.
- ▶ Use handrails, and turn on lights on all staircases.
- ▶ Wear non-slip and supportive footwear inside and outside.



# Steps to Prevent a Fall

**MOVE  
IMPROVE  
REMOVE®**

## Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can stay independent and enjoy the fun things in life.

### 1 MOVE your body

- ▶ Challenge your balance and build strength and flexibility with regular physical activity.
- ▶ Enhance your stability and coordination with activities such as walking, swimming, or Tai Chi.
- ▶ Increase the intensity of your physical activity over time to build stronger muscles.

### 2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist, and discuss any side effects such as feeling dizzy or sleepy.
- ▶ Have your eye health and hearing checked regularly.
- ▶ Keep up your social activities.
- ▶ Routinely clean your teeth and gums.
- ▶ Eat a nutritious diet and stay hydrated.

### 3 REMOVE hazards

- ▶ Keep your floors and pathways clutter-free.
- ▶ Install grab bars in the bathroom.
- ▶ Use handrails, and turn on lights on all staircases.
- ▶ Wear non-slip and supportive footwear inside and outside.



# Steps to Prevent a Fall

**MOVE  
IMPROVE  
REMOVE®**

## Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can stay independent and enjoy the fun things in life.

### 1 MOVE your body

- ▶ Challenge your balance and build strength and flexibility with regular physical activity.
- ▶ Enhance your stability and coordination with activities such as walking, swimming, or Tai Chi.
- ▶ Increase the intensity of your physical activity over time to build stronger muscles.

### 2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist, and discuss any side effects such as feeling dizzy or sleepy.
- ▶ Have your eye health and hearing checked regularly.
- ▶ Keep up your social activities.
- ▶ Routinely clean your teeth and gums.
- ▶ Eat a nutritious diet and stay hydrated.

### 3 REMOVE hazards

- ▶ Keep your floors and pathways clutter-free.
- ▶ Install grab bars in the bathroom.
- ▶ Use handrails, and turn on lights on all staircases.
- ▶ Wear non-slip and supportive footwear inside and outside.

