FALL PREVENTION

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SIHO INSURANCE SERVICES

One way to help your body stay active and healthy is to prevent a potential fall. No one plans on falling and getting injured. The good news is that you can reduce your risk of falling and getting injured by being aware of common causes of falls and following a few simple steps to prevent them from happening.

Common Causes of Falls

Medical Causes

- Conditions that affect balance: diabetes, heart disease, low blood pressure, neuropathy
- Medications that cause dizziness or sleepiness
- Orthostatic hypotension: Brief dizziness when sitting or standing
- Lack of physical activity

Environmental Causes

- Low lighting
- Loose throw rugs
- Extension cords across floors
- Slippery showers and tubs
- Water on the floor
- Ice on the sidewalk and driveway
- Stairs

Personal Health Causes

- Poor eyesight and hearing loss
- Decreased reflexes and muscle weakness
- Gait or foot problems that affect balance
- Unsafe shoes: poor fit, high heel, raised or loose sole
- Confusion in unfamiliar environments

Steps to Prevent Falls

- ☐ Stay physically active.
- ☐ Improve core strength for improved balance and stability.
- ☐ Get enough sleep: 7-8 hours is recommended.
- ☐ Stand up slowly after sitting down.
- ☐ Take a few minutes before getting out of bed.
- ☐ Limit the amount of alcohol you drink.
- ☐ Wear slippers with rubber soles on stairs and non-carpeted floors.

- ☐ Get regular eye exams.
- ☐ Have shoes professionally fitted and replace them when treads are worn.
- ☐ Do a home walkthrough: improve lighting, secure rugs with non-slip pads or tape, move extension cords.
- ☐ Follow instructions from your provider for all medical conditions and ask questions if you don't understand the instructions.
- ☐ Know your medication side effects—read the medication inserts or ask your pharmacist.

SOURCES
- https://www.nia.nih.gov/health/prevent-falls-and-fractures
- https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358
- https://www.nm.org/healthbeat/healthy-tips/fall-prevention-infographic