How to fall-proof yourself

Are you getting enough exercise?
Being physically active helps you maintain healthy bones and stay on your feet.

Are you deficient in calcium and vitamin D?
The lack of calcium and vitamin D can lead to fragile, brittle bones (osteoporosis) and poor muscle strength.

Is your vision changing?
Are you seeing clearly, less able to judge distance and depth and adjusting to sudden changes in light and dark? Poor vision increases your risk of falling.

Are you taking medications?
Feeling drowsy, unsteady, dizzy or confused? Some medications can increase your risk of falls, especially those for anxiety, depression or difficulty sleeping.

Are your feet sore?
Feet can change shape and loose feeling. Painful and swollen feet make it difficult to walk and some shoes or slippers may cause you to stumble or trip.

Do regular exercise most days of the week
Talk to your doctor and visit www.osteoporosis.org.au
Have your eyes checked
Talk to your doctor
Have your feet checked and wear comfortable, firm-fitting, flat shoes

For further information scan this with your smart phone
Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

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