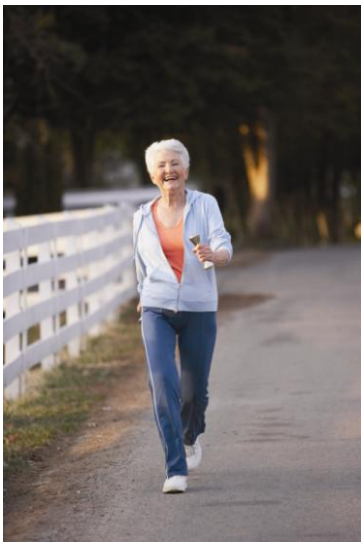
# Falls Prevention – In public places

**A fall can occur in a second, but it may totally change your life.**
**Some simple steps will assist you to be active and independent.**

- Your chances of falling are increased if you are feeling rushed, distracted, or not concentrating.
- Take your time and pay attention to what you are doing. It helps to prevent falling.
- Be aware of animals, small children, other pedestrians, joggers and cyclists.
- If you use glasses when outside, it's best to use distance lenses or sun glasses.
- If you have a hearing aid, it's wise to use it when out and about.
- Walking aids needs to be individually fitted, regularly maintained and used when out and about.
- Wearing safe shoes with slip-resistant soles helps you keep your balance.
- Take your time getting on and off buses and trains - don't rush.



**What you can do to make the public environment as safe as possible.**

- Report any slip or trip hazards to relevant authorities - uneven footpaths, potholes, spills in shopping centres and poor lighting in public places.
- Where possible, use pedestrian crossings to cross the road.
- Do your shopping at "quiet" times and use a shopping trolley.

Acknowledgement to:
*Staying Active and on Your Feet* booklet 2010 www.activeandhealthy.nsw.gov.au

Northern Sydney and Central Coast Local Heath Districts Health Promotion Unit

For further information scan this with your smart phone

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