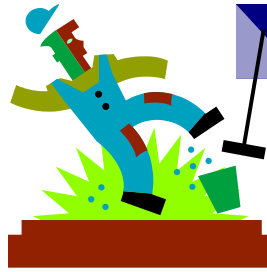


# SEMSA Health and Safety Zone

## Stay One Step Ahead of Falls



Anyone can fall. Falls become more common and more serious as people age.

Falls can affect your life. They can cause hip fractures, for instance. Such injuries result in loss of independence and make it harder to live on your own. Almost half of people in long term care homes are there because they have fallen. Over age 65, you are more likely to be injured in a fall. At this age, falls cause more injuries than even motor-vehicle collisions.

You can avoid falling. These simple steps will help you stay healthy and free from falls.

### MAKE YOUR HOME SAFER

- Remove throw rugs
- Put a night light in your hallway
- Remove clutter or furniture in hallways leading to bed or bathrooms
- Don't store things on your stairs
- Keep your stairway well lit
- Keep things that you use often on lower shelves
- Stay safe in the tub. Think about installing grab bars to assist you.



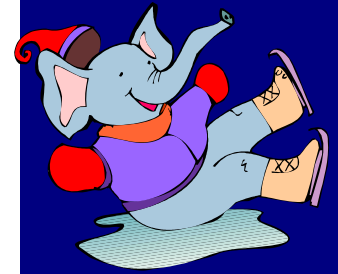
### STAY ON THE MOVE

- Exercise regularly and keep your muscles toned. Ask your doctor about safe exercises.
- Wear comfortable shoes with rubber grip soles.
- If you use a cane or walker ensure they have rubber tips.
- Walkers and canes allow people to have more freedom and feel safer. If you have problems walking, you should think about using one.

### LOOK AFTER YOURSELF

- Get regular vision and hearing check ups.
- Certain medications can make you feel dizzy or tired. Ask your doctor if this is a risk.
- Rest when you feel tired or sick.

You can prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well and stay fit. Your independence and well-being are at stake. Act on it.



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