



Be Falls Smart...

In Your Community

Older adults want to live active and independent lives. Falls are not a natural part of aging. Paying attention and knowing where the hazards are allows you to avoid falling. The good news is that you can take steps to prevent falls.

FACT:

Falls are caused by hazards in public places. These hazards include cracks on sidewalks, stairs without railings, icy sidewalks, and poorly lit walkways.

Be Street Smart:

- Take your time and plan ahead. Avoid rushing.
- Pay attention to what is in front of you and look ahead.
- Watch for uneven surfaces, sidewalk cracks, unmarked curbs and slopes.
- Take your time going up or down sidewalk curbs.
- Use well lit walkways.
- Pay close attention when you are in unfamiliar places.
- Watch for obstacles like other people, cars, pets, and newspaper stands.
- Use your walking aids.
- Use stairs that have at least one handrail.
- Sit down and rest when you feel tired.



Get a Grip on Slippery Surfaces:

- Avoid wet surfaces like puddles, snow and ice.
- Watch for wet or slippery floors in public buildings.
- Wear good fitting shoes with non-slip treads on the soles.
- Use an ice pick on the end of your cane when it's icy.



Report the Hazards:

- Speak to building managers to report hazards in buildings.
- In Edmonton, call 3-1-1 to report community hazards. When you call, tell them:
 - Location of the hazard;
 - Description of the hazard;
 - If you or someone else fell because of the hazard.

If you have had a fall or a near fall, talk with your doctor.

**For more information:
Call 310-CCAC (2222) or call
or Visit 211 Ontario**

Visit www.findingbalanceontario.ca

**...Prevent the Fall
Before it Happens!**