

# Top tips for minimising your risk of falling

Stay Active - do some exercise every day



Footwear- wear well-fitting supportive shoes or slippers, keep your feet in good condition



Eyesight – keep your glasses clean, have your eyes checked regularly



Medications – have your medications checked regularly and know your medications



Diet – ensure you eat a well-balanced diet with regular meals



Hazards – remove trip hazards around your house or garden, use nonslip mats and hand rails around the home if needed, place frequently used items in easy to reach places



Lighting – use lights when getting up at night



Ask for help – don't put yourself at risk, ask for help if you need it, consider a pendant alarm for home safety



Walking aid - use your walking aid as advised

