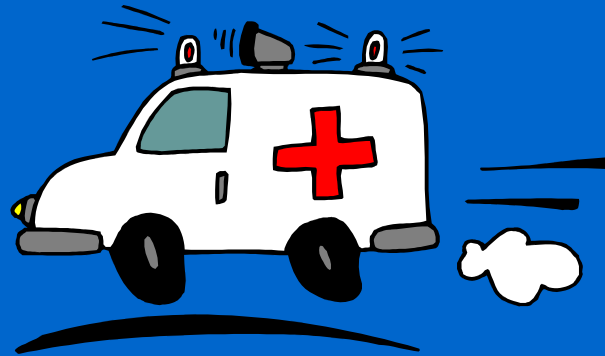


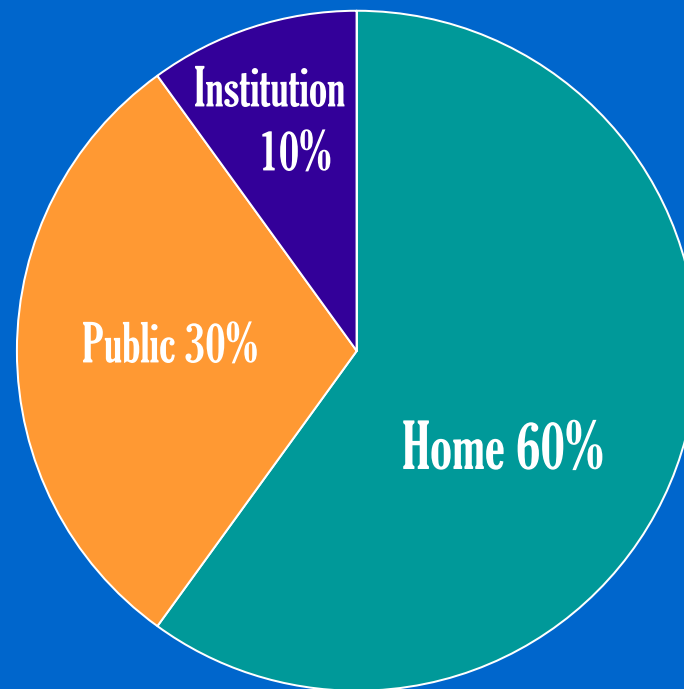
# Preventing Falls

Salt Lake Valley  
Health Department

**1 out of 3 people 65 and older will fall each year**



# Where do people fall?



The best way to prevent falls?



**Make your home safer**

# Bathroom



- Grab bars
- Non-slip surfaces
- Mats
- Toilet assist
- Night light
- Shower organizer

# Bedroom



- Lighting
- Flashlight

# Kitchen



- Reaching
- Step stool
- Clean spills

# Stairways



- Lighting
- Railing
- Non-slip surfaces
- Mark first & last step

# Hallways



- Reduce clutter
- Secure rugs
- Electrical cords
- Night lights

# Other ways to prevent falls

- Exercise
- Nutrition
- Medications
- Vision
- Shoes
- Get up slowly
- Emergency numbers
- Alarm device