



Fall Prevention Strategies

Every 2.3 seconds, an aging person falls. To help change that statistic, NCBAM makes available eight evidence-based fall prevention strategies that were developed by the National Fire Protection Association specifically for aging adults.

1. Exercise regularly.

- Exercise builds strength and improves your balance and coordination.
- Ask your doctor about the best physical exercise for you.
- Exercise Resource: A Guide from the National Institute on Aging – 1.800.222.2225 or www.nih.gov/nia

2. Take your time.

- Get out of chairs slowly.
- Sit a moment before you get out of your bed.
- Stand and get your balance before you walk.
- Be aware of your surroundings.

3. Clear the way.

- Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other clutter.

4. Look out for yourself.

- See an eye specialist once a year.
- Poor vision can increase your chance of falling.
- Improve the lighting in your home.
- Use night lights to light the path between your bedroom and bathroom.
- Turn on the lights before using the stairs.

5. Wipe up spilled liquids immediately.

- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.

6. Be aware of uneven surfaces.

- Use only throw rugs that have rubber, non-skid backing.
- Smooth out wrinkles and folds in carpeting.

7. Tread carefully.

- Stairways should be well lit from both top and bottom.
- Have easy-to-grip handrails installed along the full length of both sides of the stairs.

8. Put your best foot forward.

- Wear sturdy, well-fitted, low-heeled shoes with non-slip soles.
- These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

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