

10 Easy Steps to Prevent Falls



Be Active

Exercise regularly to help build muscle strength, balance and reduce fatigue.

Prevent Slips

Install handholds for toilet and tub, and use a shower chair when bathing.

Wear Shoes

Instead of walking around barefoot or in socks, always wear slippers or shoes with nonslip soles.

Use Support

If needed for balance and stability when walking, use a cane or walker.

Monitor Meds

Dizziness or fatigue might be linked to medications, so talk to your doctor about side effects.

Check Hearing and Vision

Have regular, comprehensive hearing and vision exams and keep prescription eyeglasses up-to-date.

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Avoid Tipsiness

Drink alcohol in moderation, and know any interactions it may have with your prescription medications.

Take Vitamin D

Ask your doctor about this supplement, which can improve muscle strength and balance.

Omit Hazards

Make sure household rooms and hallways are always well lit. Avoid throw rugs and slippery floors.

Discuss Risks

Get tailored advice from your health care provider about preventing falls.



If you're over 65, talk to your doctor about when to get a bone density scan to check your bone strength.

Visit kpssc.org/fall-prevention or scan the QR code to the left for more resources.