

7 Tips to Prevent Falls and Injuries

Falls can result in serious injuries, fractures, and fear of further falls.



Eyesight

- Check your eyesight at least once a year.
- Avoid bifocal spectacles.

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Exercise

- Regular exercise that targets strength and balance can prevent falls. For each type of exercise, do at least 3 times a week.

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Bone Health

- Consume foods that are high in calcium and Vitamin D.
- Do regular weight bearing exercises.

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Community Awareness

- Look out for slippery or uneven surfaces.
- Avoid multi-tasking and concentrate on walking.
- Sit near the exit door in buses or trains and avoid standing when vehicle is moving.



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Walking Aids and Footwear

- Proper footwear provides stability when walking.
- Wear covered, non-slip shoes or sandals with back straps.
- Consult a physiotherapist for suitable walking aids.

Common causes of falls:

- Poor balance
- Muscle weakness
- Poor eyesight
- Medical illnesses such as stroke and arthritis
- Medications that cause drowsiness or giddiness
- High-risk behaviours

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Home environment

- Ensure that your house is free of clutter and loose wires.
- Ensure good lighting.
- Use non-slip mats.
- Install grab bars where required.

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Giddiness

- Do not walk without support if you are giddy.
- Avoid prolonged standing.
- Get up from your bed or chair slowly.

