

BE OUR PARTNER IN PREVENTING FALLS



Falls are the **leading cause** of injury-related hospitalizations in Canada among **older adults**, but they are preventable.

Safety tips to prevent falls and fall-related injuries:



Call for help if you feel fatigued, light-headed or need assistance



Ask your health care provider how medications or conditions might affect your strength or balance



Talk to your health care team about how you can reduce the risk of falling at home or while in hospital



Be mindful of your surroundings and move with care, keeping essentials nearby