



# Fall Free Friday

*Fall-ty Habits- Everyday Activities*

10/28/2022

10:00 AM

AAA7 FB  
LIVE

*The decisions you make throughout the day can impact your safety and likelihood for falls.*

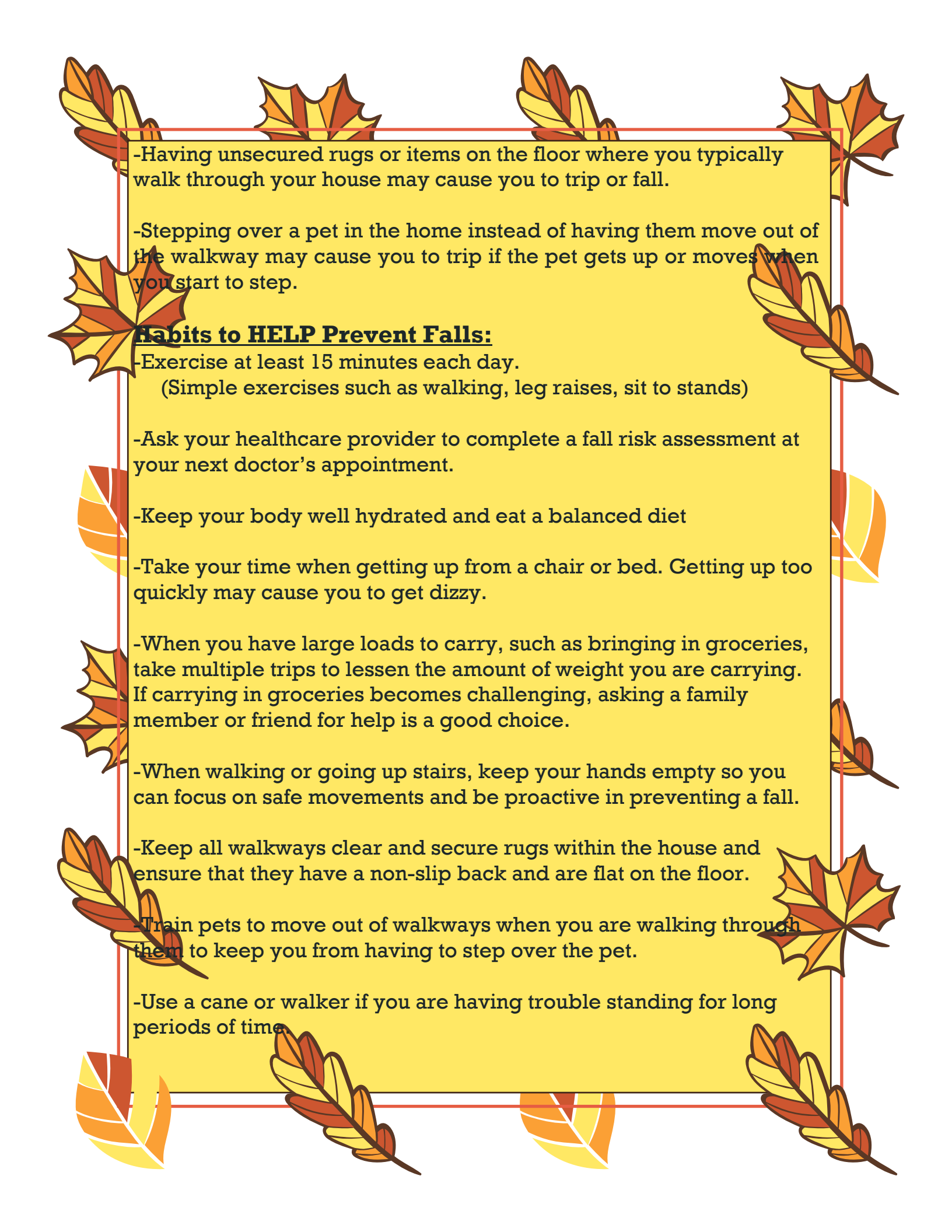
## **Habits that can CAUSE Falls:**

-Carrying items that are too heavy or require the use of both hands may cause you to get off-balance or trip when walking.

-Trying to multi-task while going upstairs or walking on uneven paths

(Example: Talking or texting on the phone while walking on an uneven sidewalk)

-Getting up quickly after sitting or lying down may cause you to get dizzy or feel unsteady.



-Having unsecured rugs or items on the floor where you typically walk through your house may cause you to trip or fall.

-Stepping over a pet in the home instead of having them move out of the walkway may cause you to trip if the pet gets up or moves when you start to step.

**Habits to HELP Prevent Falls:**

-Exercise at least 15 minutes each day.

(Simple exercises such as walking, leg raises, sit to stands)

-Ask your healthcare provider to complete a fall risk assessment at your next doctor's appointment.

-Keep your body well hydrated and eat a balanced diet

-Take your time when getting up from a chair or bed. Getting up too quickly may cause you to get dizzy.

-When you have large loads to carry, such as bringing in groceries, take multiple trips to lessen the amount of weight you are carrying. If carrying in groceries becomes challenging, asking a family member or friend for help is a good choice.

-When walking or going up stairs, keep your hands empty so you can focus on safe movements and be proactive in preventing a fall.

-Keep all walkways clear and secure rugs within the house and ensure that they have a non-slip back and are flat on the floor.

-Train pets to move out of walkways when you are walking through them to keep you from having to step over the pet.

-Use a cane or walker if you are having trouble standing for long periods of time.



## References

Ohio Department of Aging. (2021). *Change Your Habits to Prevent Falls*. [Change Your Habits to Prevent Falls | Department of Aging \(ohio.gov\)](https://www.ohio.gov)