

6 EASY TIPS TO PREVENT FALLS



1 KEEP FIT

Walk for at least 20 minutes three times weekly.



2 PROPER FOOTWEAR

Choose shoes with straps, low heels and/or non-slip soles for better grip and stability when walking.



3 STRENGTHEN BONES

Prevent osteoporosis by adopting a balanced diet rich in calcium and vitamin D and a healthier lifestyle.



6 BLOOD PRESSURE

Low blood pressure when standing up causes dizziness. Take care to avoid sudden position changes.



5 HOME SAFETY

Make sure that your home has good lighting, non-slip mats and grab bars.



4 GOOD EYESIGHT

Clear vision helps you to move safely around obstacles and uneven ground.



Scan the QR code to find out more information on what you can do to prevent falls!

For any health-related concerns, you should always visit your GP/doctor.