

Common Reasons for Falls

01.

Home Hazards

- Cluttered living spaces
- Poor lighting
- Loose rugs or carpets
- Wet or slippery floors
- Broken or Uneven Steps
- Poor fitting shoes



02.



Medical Conditions

- Medication changes
- Balance disorders
- Dehydration
- Vision impairments

03.

Physical Limitations



- Muscle weakness
- Loss of strength
- Difficulty with mobility

Reduce the risk of falling by:



- Exercise regularly to improve balance and gait.
- Remove hazards like rugs and fix broken steps.
- Clean up spills immediately