

SPRING INTO ACTION!

7 STEPS TO PREVENT A FALL

32
FALLS/DAY

reported by Brown
County ERs, hospitals,
and local EMS*



*excludes those treated at
Urgent Care & Clinic settings

1

DID YOU KNOW?

Taking a Stepping On Workshop in your community can help you reduce your risk of falls by 50%.

2

BALANCE AND EXERCISE

Work on improving your balance, strength, and flexibility. Inquire about simple, proven exercises that can help.

3

STAY SAFE AT HOME

Check your home for trip and fall hazards. This can include, but not limited to, securing or removing throw rugs and electric cords, having adequate lighting in stairways, and installing grab bars. Avoid rushing and use adaptive equipment for your safety.

4

VISION AND HEARING

Get your vision and hearing checked annually. Your eyes and ears are key in keeping your balance.

5

REVIEW YOUR MEDICATIONS

Make sure the side effects of your medications aren't contributing to your risk of falling. Talk to your doctor and make sure you're taking medications only as prescribed.

6

TALK TO YOUR FAMILY

Falls can be a serious issue, so keeping your family in the know is important. Everyone can help play a role in fall safety.

7

TALK TO YOUR DOCTOR

Get a fall risk assessment and tell your doctor about any past falls.

For more fall prevention information and proven resources, call
ADRC (920) 448-4300 or De Pere Health Dept. (920) 339-4054

BROWN COUNTY PREVENTION COALITION

