

Making a Safe Home

Keeping your home safe and easy to navigate greatly reduces your chances of falling.

- Remove all trip hazards like rugs
- Keep floors clutter free
- Make sure rooms are well-lit
- Install grab bars next to the toilet and inside and outside the shower
- Install hand rails for staircases

Risk Factors

You may be more likely to fall if you have...

- Vitamin D deficiency
- Vision problems
- Foot pain
- Improper footwear
- Lower body weakness

Most falls are caused by a combination of risk factors. Eliminating as many as possible (by talking to your doctor, exercising, and making a safe home) will decrease your chances of falling.



Fall Prevention

Keeping you Safe and Mobile for Years to Come

Sheboygan County
Division of Public Health

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Contact Us


1101 North 8th Street
Sheboygan, WI 53081
public.health@sheboygancounty.com
(920) 459-3207



Public Health
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Ask a friend, neighbor, or family member for help moving big items and installing safety features!

“ I'm healthy and walk every day! I won't fall... ”

1 in 4 older adults report falling each year, leading to 36,000 deaths in 2020 alone.

Falling can have severe consequences like broken bones or head injury, leading to over 800,000 hospitalizations each year.

DON'T LET IT BE YOU

Talk to Your Doctor

Talking to your doctor early to address any potential risk factors or concerns is one of the best ways to prevent a fall.

- Tell your doctor about any previous falls or any unsteadiness while standing or walking
- Review the medicines you take - some may cause dizziness, tiredness, or weakness
- Get your eyes checked once a year to stay up to date on your prescription
- Have your feet checked once a year
- Make sure your footwear is appropriate

Exercise

Exercises that strengthen the lower body and improve balance help to lower your chances of falling.

Look for programs being offered near you (such as Step Up) or talk to your doctor about at-home exercises.

In order for the exercises to be beneficial, they must be practiced for at least 50 hours. Stick with it and don't give up!

