

Falls key points

Advice and helpful hints on how to avoid slips, trips and falls.



Telephone: 0300 124 5859

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What is a Fall?

A fall is any unexpected loss of balance that causes you to sit, kneel, or lie on the floor. Falls can lead to serious injuries, such as broken bones or head injuries.

Why Do People Fall?

There are many reasons why people fall. Some common reasons include:

- **Medications:** Some medications can cause dizziness, drowsiness, or confusion.
- **Health Conditions:** Conditions like low blood pressure, arthritis, and Parkinson's disease can increase your risk of falling.
- **Vision Problems:** Poor eyesight can make it difficult to see obstacles or uneven surfaces.
- **Hazards in the Home:** Clutter, loose rugs, and poor lighting can create tripping hazards.

How to Prevent Falls

Here are some simple tips to help you prevent falls:

- **Regular Check-ups:** See your doctor regularly to manage any health conditions that could increase your risk of falling.
- **Review Medications:** Talk to your doctor or pharmacist about your medications and any side effects that could cause dizziness or drowsiness.
- **Improve Your Home:**
 - Remove clutter and tripping hazards.
 - Use non-slip mats in the bathroom.

- Install grab bars in the bathroom and near the toilet.
- Use nightlights to improve visibility.
- Fix any loose floorboards or uneven steps.
- **Exercise Regularly:** Exercise can improve your balance, strength, and flexibility.
- **Wear Proper Footwear:** Wear shoes that fit well and provide good support.
- **Be Careful in Poor Weather:** Be cautious when walking on icy or snowy surfaces.
- **Use Assistive Devices:** Use a cane or walker if you need extra support.

If You Fall, Don't Panic

If you do fall, try to stay calm. Don't try to get up too quickly. If you can't get up on your own, call for help.

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website](#)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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