



# 10 Steps To Prevent A Fall

The best time to protect yourself from a fall is **before** it happens.

1. Ask your healthcare professional about a regular exercise routine.
2. Eat a well balanced diet.
3. Keep a well lit home.
4. Store frequently used objects where they can be reached.
5. Review all your medications – including over-the-counter – with your doctor or pharmacist.
6. Have your hearing and eyesight tested.
7. Wear non-slip, low-heeled shoes or slippers.
8. Keep hazards like electrical cords out of pathways.
9. Use non-slip, adhesive strips or a mat in the bathtub.
10. Install safety devices (grab bars) and use walking aids (cane) as necessary.

**Lifeline has protected thousands of Canadian seniors from the devastating effects of falling.**



Ask your healthcare professional  
how, or call us today at  
**416-446-5022**  
[www.lifeline.ca](http://www.lifeline.ca)

**PHILIPS**  
**Lifeline**



# 預防跌倒的 十大措施

防止跌倒最佳的時機是在  
事件發生之前。

1. 向專業醫療人士諮詢一個適合您的日常運動鍛煉；
2. 均衡的飲食；
3. 保持室內光線充足；
4. 把經常使用的物品放置在可以伸手觸及的地方；
5. 請醫生或藥劑師檢查您的所有藥物，包括非處方藥物在內；
6. 對您的視力和聽力進行檢查；
7. 穿防滑、低跟的鞋或輕便鞋；
8. 把高危的物件，如電線，放置遠離通道的地方；
9. 在浴缸裡使用防滑條或者防滑墊；
10. 有需要時，可安裝安全設備（扶手杆）及使用助行儀（如手杖）

**平安鐘幫助了成千上萬的加拿大長者，  
使他們避免了跌倒後發生嚴重的後果。**



請向專業保健人士查詢，  
或者現在就致電我們：

**416-446-5022**

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