

# Be Careful!



My Health. My Life.



**AKRON GENERAL**

[akrongeneral.org](http://akrongeneral.org)

older adults

**1 out of 3**  
will fall each year



65 or

older

**falls** leading  
cause of  
both fatal and nonfatal

**INJURIES**

**20-30%**

who fall suffer moderate  
to severe injuries

## PREVENT SERIOUS FALLS



- Wear shoes or boots with rubber soles.
- Always use handrails; turn lights on.
- Keep your porch, deck, walkways, and driveway clear of snow and ice.
- Limit walking to areas that have been cleared.
- Take shorter steps; keep hands free.
- Slow down.
- Be careful when getting into the car.
- Use your cane, walker or other assist device; walk with someone.
- If there is carpet, stay on it whenever you can.

