Step into Safety: Preventing Falls and Injury

Falls Put Us At Risk Of Serious Injury, Especially As We Get Older.

by Select Health Staff

If you're getting older, your risk of falling may be going up. Falls can lead to injury, immobility, depression, and declining health. So, let's take a moment to talk about falls, and look at ways you can prevent them.

An unexpected fall can do more than just physical injury. It can also take away the confidence that comes from independent living.

Unfortunately, falls become more of a risk as people age. According to the Centers for Disease Control and Prevention, nearly **3 million** older adults visited emergency departments for falls in 2021.

People ages 65 and older have a higher risk, especially if they're taking medications that can cause dizziness. Additionally, there are health conditions that may increase your risk of falling.

Mastering Fall Prevention

Regardless of your risk factors, preventing falls is simple. Keeping walkways clear, using hand railings and wearing shoes with non-slip soles are great ways to reduce your risk.

Learn More About Falls and Safety

Learning more about falls, how to prevent them, and why they happen in the first place is essential. These videos can help you understand more about prevention and what to do if you do fall.

- **Why Falls Prevention Is Important**

- **Guided Exercise Video**

- **How to Get up from a Fall**

- **Social Interaction and Bathroom Health**

- **Home Hazards and How to Stay Safe**

- **Vision, Medications, and Footwear**

It's also important to talk with your doctor about your specific falls risk and put together a plan to help prevent them. If a fall does happen, you and your provider can be ready for a treatment game plan to get you back on your feet.