

accidents don't
have to happen

Keep active –
simple strength and
balance exercises
can improve your
balance and muscle
strength and reduce
your chance of
having a fall.

**Strength and
balance exercises can
be done in your own
home as part of
everyday activities,
using furniture to
provide support.**

**Local classes may
also be available,
particularly aimed at
providing older people
with opportunities to
get together to
keep active.**

**Some health
conditions and
medications, and a
history of previous
falls, can increase
your risk of falling,
so speak to your
GP for advice.**

Top tips...

for preventing slips, trips and falls

www.rosipa.com

If ever you're unsure about home safety,
call **RoSPA Infocentre: +44 (0)121 248 2063**