HOW TO FALL-PROOF YOUR HOME

Accidental falls are common, and can lead to broken bones and other serious injuries

More than 1 out of 4
older people (aged 65+) falls each year

X2

Falling once
doubles your chances of falling again

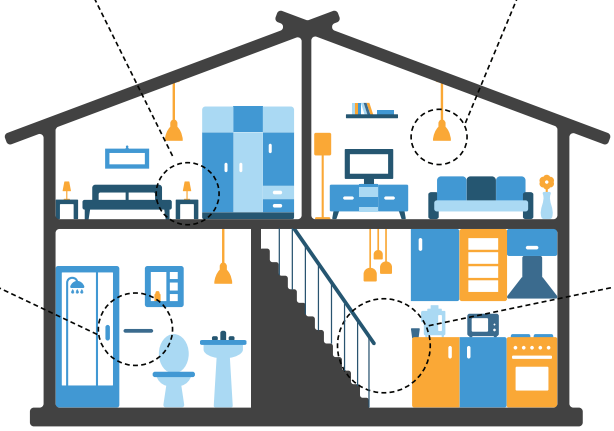
1 out of 5 falls
causes a serious injury such as broken bones or a head injury

Adapt your home to make it safer

Don't take risks: Ask for help from **family, friends or carers** so that changes can be made safely

Objects & Environment

Lights



Bathrooms

Stairs & Steps

IOF International Osteoporosis Foundation

WorldOsteoporosisDay October20