



Image courtesy of SHA Communications

# Stay Safe In Your Home

## Preventing Falls and Injuries



**Saskatchewan  
Health Authority**



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## Are You at Risk of a Fall?

Please check off the statements that are true for you.

- I am 65 years or older.
- I have fallen in the past 12 months.
- I sometimes lose my balance when I walk.
- My concern of falling keeps me from doing the things I enjoy.
- I take less than 800 IU of Vitamin D<sup>3</sup> per day.
- I have experienced a broken bone at least once since I turned 40 years old.
- I am taking more than three medications each day.
- I drink fewer than eight glasses of fluid each day.
- I often have to rush to the bathroom.
- I have not had an eye exam in over a year.
- I have been advised to use a walker or cane to get around safely.
- I feel dizzy when I change positions, such as from sitting to standing.
- I exercise less than 30 minutes a day.
- There are hazards in my home that could cause me to lose my footing or balance.

If you have checked 3 or more of these statements, you are encouraged to talk to your healthcare provider about changes you can make to reduce your risk for a fall or fall-related injury.

## Tips to Help You Stay Independent

- Eat a healthy, balanced diet and drink plenty of fluids.
- Slow down and focus on one task at a time.
- Include walking in your daily routine. Incorporate strength and balance exercises three times a week.
- Be extra careful when walking on snow and ice.
- Wear sturdy, well-fitting, non-slip footwear that is appropriate for the setting. Avoid bare feet and sock feet.
- Avoid loose fitting clothing that touches the floor as it may cause you to trip.
- Aim for seven or more hours of sleep each night.
- Schedule yearly eye exams and remember to wear eyewear as prescribed.
- Schedule hearing tests and remember to wear hearing aides if recommended.
- Consider a bath seat if it is difficult to get in or out of the tub, or if you have difficulty standing while showering.
- Consider getting a wheeled cart to help carry laundry, groceries, food items, etc.
- Store more frequently used items within easy reach (no higher than shoulder height).
- Remove tripping hazards in your home i.e.: electrical cords, throw rugs, clutter, etc.
- Take your medications as prescribed.
- Limit alcohol and drug use.
- Ask for help and support from family, friends, or community members.

## Talk to a Health Care Provider About Your Concerns

If you are at risk for a trip, slip, or fall:

- Schedule an appointment with your healthcare provider.
- List your questions and concerns on paper before your visit. Talk about any falls, near falls, unsteadiness, dizziness, fainting, bladder or bowel concerns, foot problems, and fear of falling.
- Ask questions if you do not understand the diagnosis or treatment plan (i.e.: symptoms, tests, medications, therapies).
- Take a support person, such as a family member, friend, or translator.
- Talk to your doctor, nurse practitioner or pharmacist about any medication concerns. Consider a medication review with a pharmacist once a year.

## After a fall, seek medical attention if you have...

- Neck pain
- Vision or pupil changes
- Loss of consciousness
- Seizure or convulsion
- Repeated vomiting
- Severe or worsening headache
- Weak, tingling feeling in arms or legs
- Ringing in the ears that does not go away
- Slurred speech
- Changes in mental function or behavior

For more information, go to the SHA Fall Prevention and Injury Reduction website:

- <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/fall-prevention-how-keep-yourself-safe>



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*Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

## PIER—Patient Information and Education Resource

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