



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 D³ 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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