Fall Prevention Tips

Falls are the leading cause of non-fatal injuries for all children from birth to 19 years old, and 3 million people 65 and older are treated in emergency rooms for fall-related injuries every year.

Over 800,000 people a year are hospitalized because of a fall-related injury, most often because of a head injury or a hip fracture. Many falls can be prevented.

Key Prevention Tips:

- **Always use caution.**
  Make sure you are cautious when on elevated surfaces, cannot see your surroundings clearly, or feel like you have the potential of falling.
- **Exercise.**
  Do exercises to stay fit, improve your balance, and improve your overall health.
- **Have your eyes checked.**
  Have your eyes checked by an eye doctor at least once a year and update your eyeglasses or contacts if needed.
- **Make your home safer.**
  Use guards on windows above ground level; use stair gates, grab bars and railings on stairs; keep rooms free of clutter on the floor; and have plenty of lighting in walkways.
- **Play safely.**
  Make sure to wear protective gear, such as a helmet, during sports and recreational activities and have children play on playgrounds with soft and consistent surfaces such as wood chips or sand.
- **Supervision.**
  Always supervise children around fall hazards, such as stairs and playground equipment.

To learn more, visit the **Office of Acquired Brain Injury** website at **hhs.texas.gov/brain-injury**, call **512-706-7191**, or **email oabi@hhsc.state.tx.us.**

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