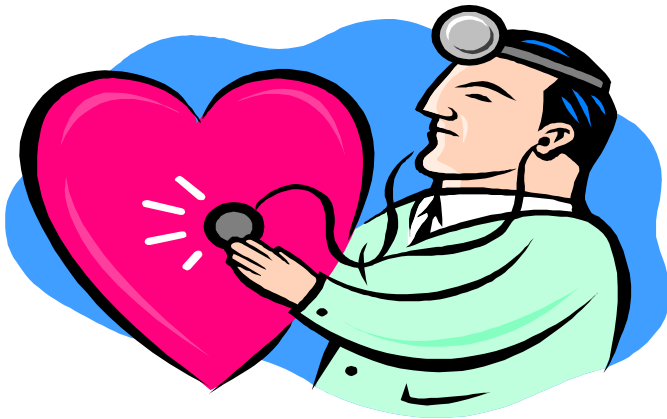


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CSU Student Nurses
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Stay Healthy !!!

Source:
VNA of Cleveland Falls Awareness Safety Tip
Program (FAST)

Sponsored through Healthy Town, a program of
the Visiting Nurse Association of Cleveland

Falls

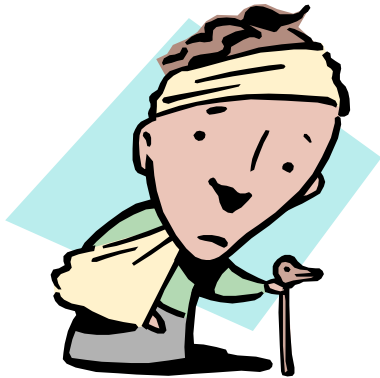
*What You Need To
Know!!*



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How to Prevent Falls:

- ❖ **Do not go barefoot**
- ❖ **Wear shoes with tread**
- ❖ **Remove throw rugs from home**
 - ❖ **Get a bathtub mat**
- ❖ **Know how to use your cane or walker**
 - ❖ **Wrap up dangling cords**
 - ❖ **Use handrails**
 - ❖ **Clean up spills quick**



- ❖ **Install proper lighting**
- ❖ **Dangle legs on side of bed in the morning if dizzy**
- ❖ **Persistent dizziness – seek medical advise**
 - ❖ **Clear pathways**
 - ❖ **Get regular eye exams**



- ❖ **Always wear your glasses**
- ❖ **Put nonskid tread on stairs**