

## BE AWARE AND BE PREPARED

- Look for uneven ground, rocks and tree roots that could cause you to trip when you are walking.
- If you have problems keeping your balance, use assistive devices like walking sticks or walking poles. For your safety, be sure that your assistive devices fit properly.
- If you are unable to walk long distances, it may be possible to rent a wheelchair or powered scooter at your destination. Call ahead, or ask your travel agent to check for you.
- Try not to let yourself get too tired. Physical exhaustion can lead to slips and falls.

## Enjoy your journey

Not medical advice: The information in this pamphlet is intended for educational purposes only. It is not and should not be taken as advice or treatment from a doctor or health care professional. Never disregard professional medical or health care advice or delay in seeking it because of something you have read in this pamphlet.

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Tel 01753 638524

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# TIPS ON FALLS PREVENTION

*Prevent falls and  
maintain your independence:*



## Avoid falls while travelling!

Everyone enjoys a holiday. Here are a few hints to think about when you plan your travels.

## ACCOMMODATION

- Use luggage on wheels, and avoid carrying heavy luggage. If you are on tour use the services of a porter or your travel group,
- Ask for a room with a bathroom that is equipped with grab rails and non-slip bath mats, to help prevent slips and falls in the bathroom.
- Be aware of tiled and marble floors that can become very slippery when wet.
- Bring a torch with you; moving around in the dark in an unfamiliar place may result in a fall. If you do not have a torch, leave a small light on in the room.
- If you use the stairs, hold the handrail.
- Report any hazards to the building management.



## TRAVELLING BY BUS

- Make sure you place your foot firmly in the centre of the steps and use the handrail for support. Take the hand offered by the driver or tour director; they are offering safety!

If you feel unsafe getting off the bus, ask for help.

- Remain in your seat while the bus is moving. If you have to move, ask for assistance.
- When using the toilet, make sure you have your feet firmly planted on the floor when sitting or standing. Use the grab rail while moving between sitting and standing position.



### Clothing and carry bags

- Wear sunglasses to reduce glare on sunny days.
- Wear sturdy, comfortable walking shoes. Avoid slip-on shoes and strapless sandals. If you buy new shoes, “wear them in” before you leave on tour. Blisters and sore feet will affect your balance.
- Avoid carrying a handbag or shoulder bag. Free hands will help you to maintain your balance. Instead, consider using:
  - ~ a waist bag for your wallet and valuables
  - ~ a backpack for carrying your extra sweater, hat and purchases. Be sure to wear your backpack properly, over both shoulders, so that the weight you are carrying is close to your body and better balanced.