


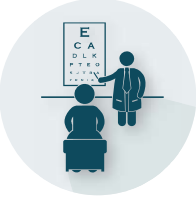




Take Control of Your Health

6 Steps to Prevent a Fall

Many falls are preventable by being aware of your surroundings & following some simple tips that can save a trip to the emergency room and maintain an active lifestyle.

 <p>1 Find a good balance and exercise program Sign up for PCC Physical Education classes to improve balance, strength, and flexibility.</p>	 <p>2 Talk to your health care provider Ask for a fall risk assessment & share your history of any recent falls.</p>
 <p>3 Regularly review your medications with your doctor or pharmacist Ask if side effects are increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home & workplace safe Remove tripping hazards, increase lighting, wipe up spills, install grab bars in bathrooms & stairs.</p>	 <p>6 Footwear Wear proper shoes. Unsafe footwear such as backless, flip-flops or high heels increase your fall risk.</p>



Physical Education
pcc.edu/programs/physical-education/

