



THE 3 A'S OF FALL PREVENTION

To Keep Safe

Be AWARE.

Keep an eye out for possible hazards:

- Tears in the carpeting
- Spills on the floor
- Obstacles blocking a walkway
- Clutter on stairs
- Cords trailing on the floor

Address THE HAZARD.

Don't assume someone else is taking care of it:

- Make sure there's adequate lighting
- Clean up manageable spills
- Find out what's causing it and report
- Alert whomever is in charge

Always KEEP SAFETY TOP OF MIND.

- Don't walk too fast
- Don't carry anything that obstructs your view
- Watch where you're going - even in familiar areas
- Avoid distractions like cell phones
- Wear proper footwear
- Look out for changes in elevation
- Take care when ground is wet
- Report every fall, even minor slips

