

STAY ON YOUR FEET[®]

Move

Improve

Remove

Falls Are Preventable

Follow these three steps to help prevent slips, trips and falls... so that you can get on with enjoying the fun things in life.

Move your body

- Build your balance
- Strengthen your legs

Improve your health

- Check your medicines
- Keep a healthy mind
- Fuel your body

Remove hazards

- Make your home safer
- Check your eyesight
- Wear safe footwear

