Help to stop you falling down in the house

1. Keep your house tidy
   - Do not leave cables where you might fall over them.
   - Do not leave objects lying where you might fall over them.

2. Do not have rugs in the house.

3. Check all your lights are working.

4. Wear good fitting footwear.
   - Do not wear flip flops.
   - Wear shoes with laces or straps.
5. Have your eyes tested every year.


7. Eat healthy.

8. Drink 6 hot and cold drinks a day.