

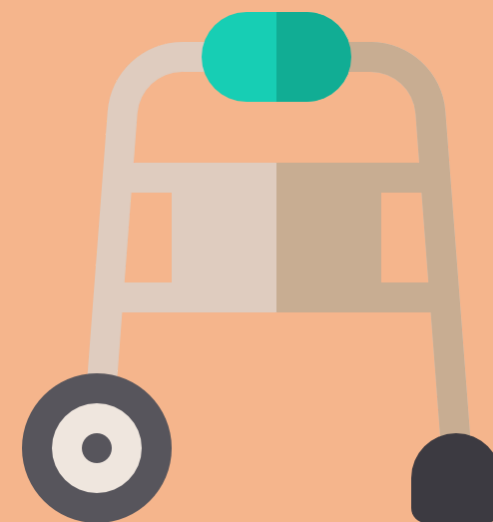


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# FALL PREVENTION



Ensure adequate supervision or assistance



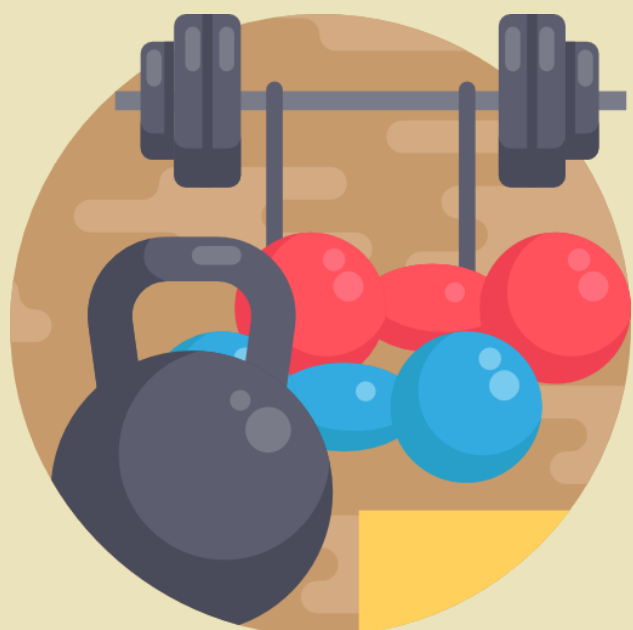
Ensure aids are in good condition and are for appropriate usage



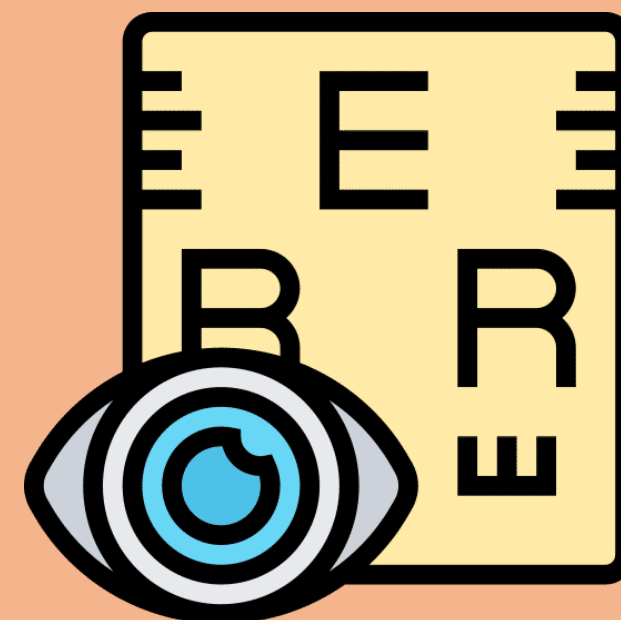
Consume calcium-rich food to keep bones strong



Ensure shoes are well-fitted



Exercise regularly to improve strength and balance



Go for regular eye check-ups  
Wear glasses where necessary



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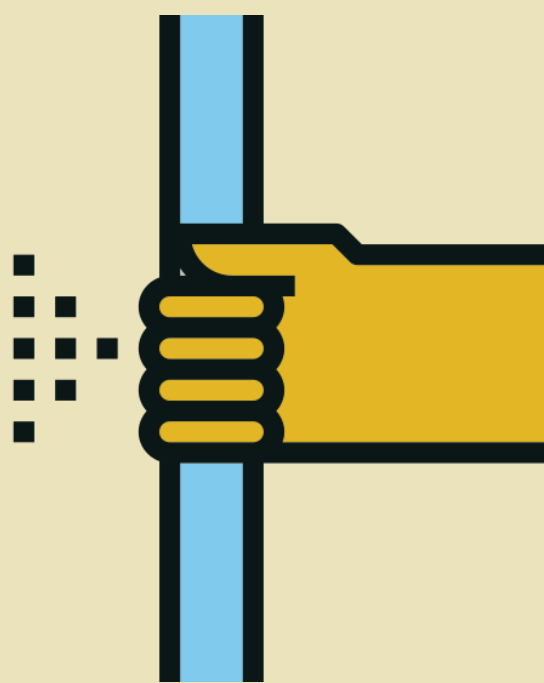
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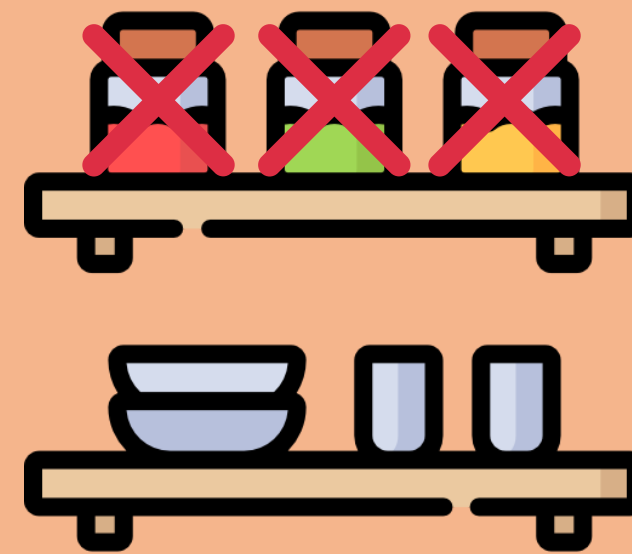
Ensure spills are cleaned immediately



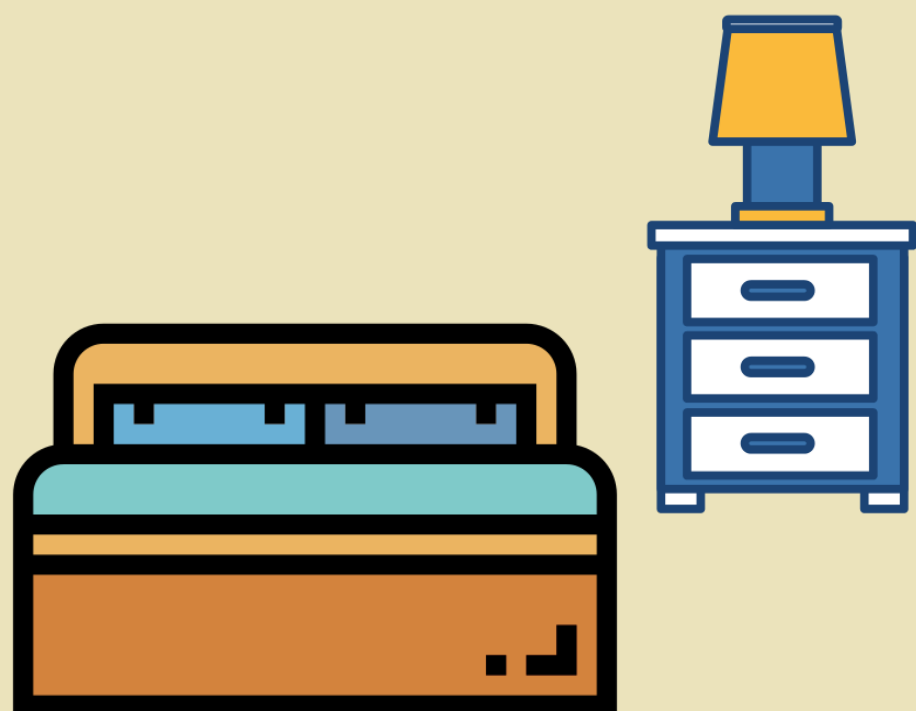
Ensure environment is clutter-free



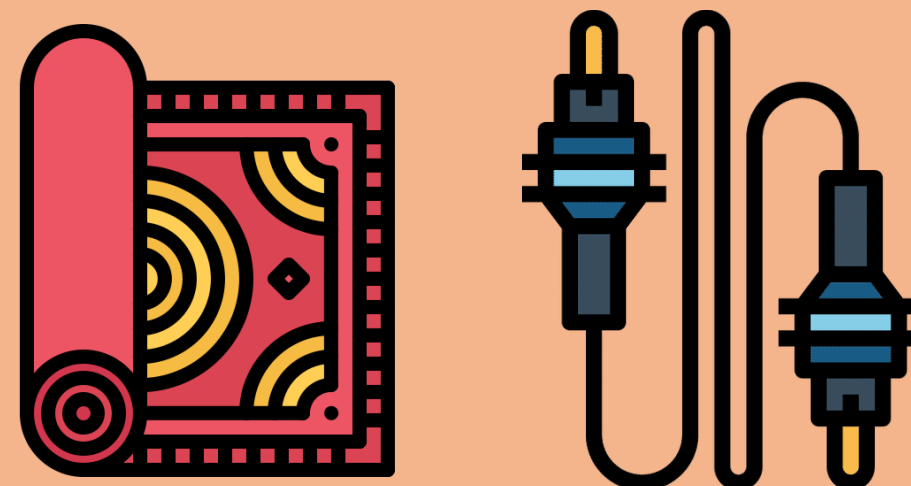
Install grab bars in the toilet if necessary



Place commonly used items on places that are reachable



Ensure rooms are well-lit



Do not leave loose mats and wires lying around