

Complications from falling are the leading cause of death for people admitted to the hospital over age 65. More than 50% of these falls happen at home.

**Evergreen Fire Rescue
1802 Bergen Parkway
Evergreen, CO 80439**

**303.674.3145
(non-emergency number)**



DON'T

Fall for Us!



Evergreen Fire Rescue

Fall Prevention Tips

Helpful Hints

- Remove all throw rugs as these create a huge risk for tripping and falls!
 - Before you go to bed make sure everything is picked up so that if you get up in the night you don't have things to trip over!
 - When you get in the bathtub or shower lay your phone beside the tub near the floor just in case you fall and can't get up!
 - Put grab bars and non-slip mats in your bathtub and shower!
 - **Never Ever** get up and walk around in the dark! Invest in an inexpensive lamp or night light.
 - Put a "**File for Life**" on your refrigerator as well as in your purse or wallet.
 - Review and update your "**File for Life**" every 6 months!
 - For more information on "**File for Life**" speak with your local Paramedics or Firefighters or call 303.674.3145.
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More Helpful Hints

- Change the batteries in your smoke detectors and carbon monoxide alarms at day light savings intervals!
 - Put smoke detectors on the ceiling just outside your bedroom door and carbon monoxide alarms near the floor or baseboards!
 - If your smoke detector or carbon monoxide alarm are going off get out of the house and stay out. Call 911 from a neighbor's house or your cell phone.
 - If you return home and suspect someone's been in your home **DO NOT investigate!** Walk away and call 911!
 - Some medications or combinations of medicines have risk factors that can make you dizzy. Make sure you go over the medications with your doctor or pharmacist!
 - Exercise reduces the risk of falling by keeping your legs strong.
 - Wear properly fitting, sturdy shoes with nonskid soles. High heels, floppy slippers, shoes with slick soles and stocking feet can make you slip, stumble and fall!
 - Be mindful of pets, extension cords and oxygen tubing!
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