



10 Top tips for staying safe and steady.

Let's #StaySteadyNotts,
for more advice visit:
nottsc.gov.uk/falls



Look out for this
useful guide.

Tick off the tips below and keep on your fridge for reference.



Slow and steady

Allow yourself extra time to reach your destination to avoid rushing, and remember to keep a fully charged mobile phone handy.



Wear sturdy, well fitting footwear

Wear boots, shoes and slippers with non-slip soles and a sturdy back. Consider fitting a grab rail if you have steps at your front or back door. Call **HPAS** on **0300 500 8080** who can arrange a free home safety check.



Focus on fitness

Staying active not only helps keep you fit and healthy, it also helps you stay steady and balanced. Why not try one of our **ENGAGE** classes, call **0333 005 0092** for more info!



Take care of your eyes

Get your eye sight and glasses checked annually. Free eye tests are available to all aged over 60.



Think bright

Keep a torch by your bed or a landing light on at night so you can see clearly. Also consider fitting higher watt light bulbs or a night light that will activate automatically.



Be alert

Watch your footing when out and about, stay on designated, well lit walkways and use handrails.



Walking aids

Check the rubber ferrule has plenty of grip left on your walking stick. If you don't use a walking stick why not use a mountaineering pole instead?



Drink responsibly

Keep health risks from alcohol at a low level by following advice about limits.



Take care of your feet

Keep your feet in good condition, get your toenails trimmed regularly and arrange a visit to a podiatrist or your GP about any foot problems you may have.



Get organised

Organise your home so that climbing, stretching and bending are kept to a minimum, and to avoid bumping into things. Remove clutter especially in passageways and fasten down carpet rugs.



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