

# Balance/Falls

Balance means keeping the trunk of your body aligned over your feet. The brain gets information from the eyes, inner ear and nerve receptors throughout your body. Balance is compromised by an interruption of any one of those items, plus reduced muscle strength will also have an affect on your reaction time, leading to a fall.

Falls are greatly reduced when you are able to maintain balance and one way is to use hand rails whenever they are available.



## Some workplace solutions:

To give you better balance, use handrails when on stairs and use step ladders that have a hand rail.

Make sure loose, unanchored rugs or mats are secured to eliminate curling edges that cause trips and lead to falls.

Always be careful around wet areas.



## Some individual solutions:

Being careful as you move from one floor type to another as the friction factor will change and could lead to a fall if you are not prepared.

Wearing shoes that are appropriate for the work that you are performing. Wet areas will need better traction soles, high heels are not good in any working environment.

Simple activities such as regular walking and moderate exercise will help to maintain balance as you age. It also helps with other health issues; diabetes, less weight gain, improved blood pressure and motor skills, which will allow you to better enjoy all the activities you do and reduce the chance of falls and the injuries associated with them.

Take care of yourself now so that you don't limit yourself in the future!

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