



**STAY INDEPENDENT.**  
*Prevent falls.*

Falls are the **leading** cause of injuries amongst seniors in New Brunswick



Each day in **New Brunswick** there are about **3 fall-related** hospital admissions  
**Women** are **2X** more likely to be admitted to hospital due to a fall

**90%** of all falls among seniors are caused by:

-  **1** slips & trips
-  **2** falls on stairs
-  **3** falls from furniture

**The good news** is that **you can prevent falls** by following simple measures, such as:



watching your step



speaking up about dizziness



keeping active



checking your medication

**IF YOU'VE HAD A FALL,  
BE SURE TO TELL YOUR HEALTHCARE PROVIDER.**

Learn more about what actions you can take to prevent falls and stay independent.  
[FindingBalanceNB.ca](http://FindingBalanceNB.ca)

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