

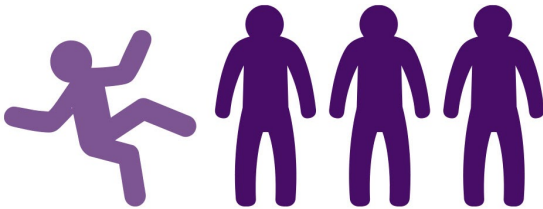
Falls and Safety in the Home

Fun Facts and points to remember

Slips, trips and falls can happen to anyone, but they are more common and more significant as we get older because we are more likely to injure ourselves.

Did you know that 60% of falls happen in and around the home. In Australia one in four people over the age of 60 have a fall each year, and one in three people over the age of 65 experience a fall each year.

1 in 4 people over 60



The most common injuries from a fall are fractures to the hip and thigh, followed by injuries to the head. In men and women over the age of 65, falls remain one of the leading reasons for older people being admitted to hospital at a rate of 38% compared to 13% for transport related injuries.

The good news is falls are preventable no matter your age. 3 simple steps to prevent falls are:

1. Move your Body
2. Improve your Health
3. Remove Hazards

Helpful resources:

- [NSW Falls Prevention Network website](#)
 - [Keeping Well at Home \(brochure\)](#)
 - [Active and Healthy website](#)
 - [Stay On Your Feet website](#)
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