

It All In How You Fall - How to Fall Safely and Prevent Injuries

Fall Prevention



 Keep floors dry and wipe up spills immediately!

Have a resident's eyes checked at least yearly. 

 Daily exercise helps maintain balance, strength, and flexibility.

Doorways should be wide to pass through easily. 

 Shoes should be fitted properly, have non slip soles, and support the foot.

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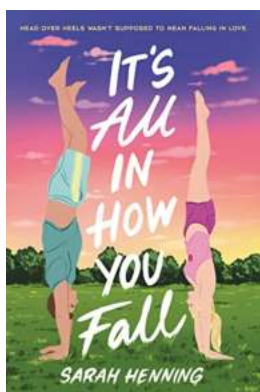
The Art of Falling: How to Fall Safely

Accidents happen, and sometimes falling is inevitable. Whether it's a slip on a wet floor, a stumble on uneven pavement, or a fall during sports activities, knowing

how to fall safely can significantly reduce the risk of serious injuries. In this article, we will explore various techniques and tips to help you fall gracefully and prevent injuries.

1. Stay Calm and Prepared

First and foremost, it's crucial to stay calm and composed when you feel yourself losing balance. Panic can worsen the fall and increase the chances of injury. Remember to keep your body as relaxed as possible to lessen the impact.



It's All in How You Fall by Sarah Henning (Kindle Edition)

★★★★☆ 4.6 out of 5
Language : English
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Text-to-Speech : Enabled
Enhanced typesetting : Enabled
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Screen Reader : Supported



2. Protect Your Head

The head is one of the most vulnerable body parts during a fall. To protect yourself from head injuries, try to tuck in your chin and turn your face to the side. This position can help reduce the risk of hitting your head directly on the ground.

3. Roll with the Fall

If you are falling backward, try to roll and distribute the impact across your body. Tucking your arms and legs and rolling with the fall can help protect your vital organs and prevent fractures or sprains.

4. Don't Brace with Outstretched Arms

Although the instinctive reaction is to brace for impact with our arms, it can lead to serious injuries like fractures or dislocations. It's best to avoid landing with outstretched arms and instead focus on protecting your head and torso.

5. Aim for a Controlled Landing

When falling forward, try to aim for a controlled landing on a fleshy body part such as your buttocks or thighs. These areas have more padding and are less prone to injuries compared to other body parts.

6. Strengthen Your Body

Regular exercise and strength training can significantly improve your balance and stability, reducing the chances of falling. Focus on exercises that target your core, legs, and hips to build strength in the areas that can help prevent falls.

7. Wear Proper Footwear

Wearing appropriate footwear with good traction can greatly reduce the risk of slipping and falling. Look for shoes that have non-slip soles and provide good ankle support.

8. Be Aware of Your Surroundings

Being aware of your surroundings is crucial to prevent falls. Pay attention to potential hazards such as wet floors, loose rugs, or uneven surfaces. Remove any obstacles that may pose a tripping risk in your living or working space.

The Importance of Fall Prevention

Prevention is always better than cure. While knowing how to fall safely is essential, it's equally important to take steps to prevent falls from happening in the

first place. Falls can cause severe injuries, especially among older adults, and can have long-lasting consequences on physical health and confidence.

To prevent falls, consider the following tips:

1. Exercise Regularly

Engaging in exercises that improve strength, balance, and flexibility can significantly reduce the risk of falling. Incorporate activities like walking, swimming, or yoga into your routine to enhance your overall physical fitness.

2. Get Regular Eye and Hearing Check-ups

Poor vision and hearing impairments can increase the likelihood of falls. Schedule regular check-ups with your eye doctor and audiologist to ensure optimal vision and hearing health.

3. Make Your Home Fall-Proof

Assess your living space for potential fall hazards and make necessary modifications. Secure loose rugs, install grab bars in bathrooms, improve lighting, and remove clutter that may obstruct walking paths.

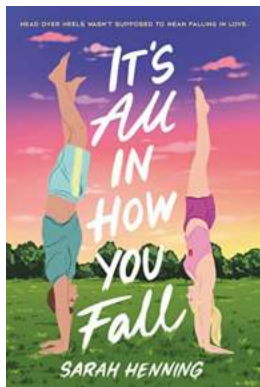
4. Review Medication Safety

Some medications can cause dizziness or imbalance, which can lead to falls. Speak with your doctor or pharmacist to review your medications and understand any potential side effects that may impact your balance.

5. Use Assistive Devices, if Needed

If you have difficulty with balance or mobility, consider using assistive devices such as canes or walkers. These tools can provide additional support and stability, reducing the risk of falls.

While falls may be inevitable at times, knowing how to fall safely can minimize the risk of severe injuries. Remember to stay calm, protect your head, and roll with the fall. Strengthening your body, being aware of your surroundings, and taking preventive measures contribute to overall fall prevention. With the right knowledge and precautions, you can confidently navigate the world, reducing the chances of fall-related injuries.



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A contemporary young adult romance about moving on, finding your place, and recovering after life falls apart.

Gymnast Caroline Kepler has three state balance beam titles, a new trick even most elites can't do, and chronic, undeniable back pain. While she might never be an Olympian, she has dreams of leveling up to elite, making Nationals, and competing in college. But when one epic face-plant changes all that and Caroline's back pain goes from chronic to career-ending, her dreams are shattered and her life is flipped upside down.

Enter Alex Zavala, a three-sport athlete who's both incredibly cute and incredibly off-limits. He offers to give Caroline a crash course in all the sports she's missed,

and she has an offer for him in return: For every sport Alex teaches her, she'll play matchmaker for him. Deal done, Caroline "dates" new sports with Alex for the rest of the summer, which is loads more fun than wallowing in despair. Just as Caroline starts to see herself as more than her past athletic successes, she picks up something she didn't bargain for: a big fat crush on Alex.

Turns out life was way easier when it was just layout-fulls and beam burns....



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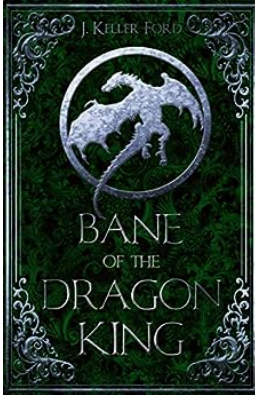
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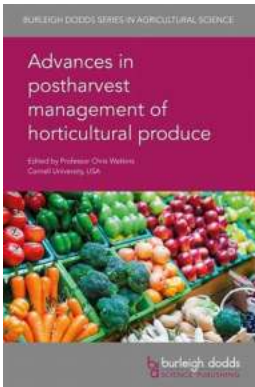
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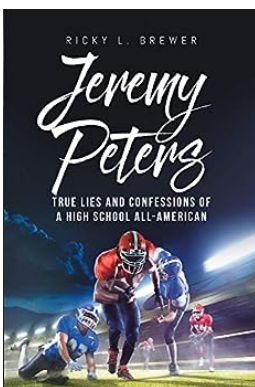
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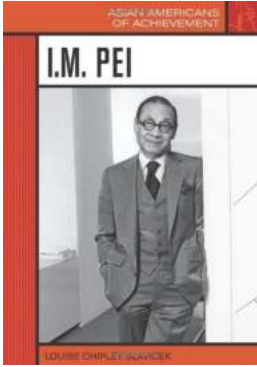
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