

## Preventing outdoor falls



**Up and About**  
Cumbria standing  
strong against falls

### Tips to Stay Safe in the Community

Whether you are walking around the park to stay active or just going to the shops, falls can happen outdoors. In public places, there are many things you can do to reduce your risk of falls.

#### 1 Be aware of where and when you walk

- In the evenings, walk where there is plenty of light to help you see where you are going.
- If you see a tree ahead in your path, look for fallen leaves or tree roots that might push up the pavement.
- Watch out for cracks in pavements, holes, and changes in pavement levels.
- Be extra careful during and after stormy weather. Rain, snow, and ice can make any surface slippery.
- Be sure you are wearing the correct eyewear while walking. Bifocals or reading glasses make it harder to see hazards on the ground. Wear sunglasses on bright days to reduce glare.

#### 2 Tips for physical activity

- When walking for exercise, try and use well-maintained places. Look out for hazards when walking in new or unfamiliar areas.
- Walk in pairs or groups so you can alert each other of potential hazards.
- Wear shoes with firm soles and low heels. Make sure to wear sturdy shoes when exercising.

### **3 Travel safely**

- Hold hand rails and move slowly when walking up or down outdoor stairs.
- Be aware of curbs and pavements - avoid any broken stones.
- While travelling on a bus or train, always use the handrails when available. Wait until the bus stops before you get up for your stop.
- When crossing the street, use crossings or dropped curbs when they are present. Stop at islands in the middle of the street when available and wait for the next Green Man or Walk sign before crossing.
- Always take your time - hurrying across streets puts you at risk of falling.