

# “SMILE”

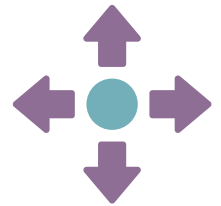
## FALL PREVENTION TECHNIQUE



**SLOW** movements. Nothing is more important than preventing a fall in your environment.



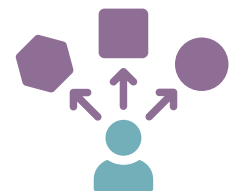
**MODIFY** your environment. Remove clutter, cords, loose rugs, or anything that might cause a fall.



**INVESTIGATE** your surroundings. Do I have something to hold onto? What will I grab?



**LEARN** what makes you feel the safest in your environment, including supports (countertops, grab bars, devices such as a walker or a cane).



**ENVIRONMENT** around you matters. Is there grass? Hills? Rocks? Clutter? What might be challenging? Do you have support?

