

## Your safety matters – what you need to know about falls

People, at any age, who are living with cancer, are at risk of falling.

### What should I watch for?

You are at a higher risk of falling when you feel weak or dizzy. If you have already had a fall or almost fallen you are at a higher risk of falling.

### What can I do to prevent a fall?

- Report any falls or changes in your condition to your health care team
- Wear non-skid, rubber soled shoes with low heels that fit well
- Keep all of items you use regularly where you can reach them easily
- Watch for things you could trip over like pets, rugs, and electrical cords
- Watch for slippery surfaces inside and out, especially in the winter
- Remember to get up slowly
- Ask for help standing and walking if you feel weak, dizzy or have fallen before. Use aids like walkers, wheelchairs and canes if needed
- If you use a wheelchair, walker, cane, or raised toilet seat make sure it is in good condition and you know how to use it safely
- Eat well to maintain strength
- Take medications as prescribed by your doctor. Make sure to ask if any of the side effects could cause weakness and/or drowsiness
- If you are still having difficulty ask about a physiotherapist or occupational therapist assessment to help



**Leaves**  
are supposed  
to fall.  
**People** aren't.