



# Essentials of Community Risk Reduction

## Preventing Falls Resources

### Older Adults

- **Centers for Disease Control and Prevention** <https://www.cdc.gov/steady/>  
Stopping Elderly Accidents, Deaths and Injuries (STEADI)  
Fall prevention materials are available for older adults, health care providers and family caregivers.

- **NFPA** [www.nfpa.org](http://www.nfpa.org)  
*Remembering When* - a fire and fall prevention program for older adults.  
The program is free to download along with all of the materials needed and available in English, Spanish, Mandarin and Russian. <https://www.nfpa.org/Public-Education/Resources/Education-Programs/Remembering-When>

The same link also provides multiple resources including a Fall and Fire Prevention Brochure, Home Safety Checklist, High Rise Fire Safety, and Medical Oxygen.

- **National Council on Aging**  
The link to Evidence-Based Falls Prevention Programs <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/>

Falls Prevention Awareness Day <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>

- **National Institute on Aging at NIH**  
Older adult exercises for endurance, strength, balance and flexibility  
<https://go4life.nia.nih.gov/exercises>

Find other free resources in English and Spanish at <https://go4life.nia.nih.gov/free>

- **Fall Prevention Center of Excellence** <http://stopfalls.org/>  
Resources for service providers, families, and educators.



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### Young Children

- **Safe Kids Worldwide** [www.safekids.org](http://www.safekids.org)  
Click “Safety Tips” on the third header line. Under “Risks” on the left column click “Falls”. Find fall prevention tips, fact sheets and videos. Watch this video, Thomas and Becca: Why Window Safety Matters.
- **Consumer Product Safety Commission** [www.cpsc.gov](http://www.cpsc.gov)  
Home Safety resources <https://www.cpsc.gov/safety-education/safety-guides/home#resources> Information about preventing window falls. Scroll through the page to find the two resources. A CPSC Safety Alert Preventing Window Falls and on the last row see Window Safety to print in English or Spanish as a handout or to use as a poster.  
  
[www.cpsc.org](http://www.cpsc.org) Choose “Safety Education” in the Menu. Click “Tip-Over”. Then click “Watch These Videos”. Many choices. Watch this video, NEAR MISS TRAGEDY, if you only have time for one video.
- **Stop at 4”** <https://www.stopat4.com/> The Campaign to STOP Window Falls.  
See information for families, professionals (including about codes), window safety products and more information including key safety messages to prevent child window falls.
- **KaBOOM!** [www.kaboom.org](http://www.kaboom.org)  
A national nonprofit organization committed to building safe playgrounds for children in Americas through partnership with individuals, community groups and businesses. Enter safety in the search to find resources for a safe play space.