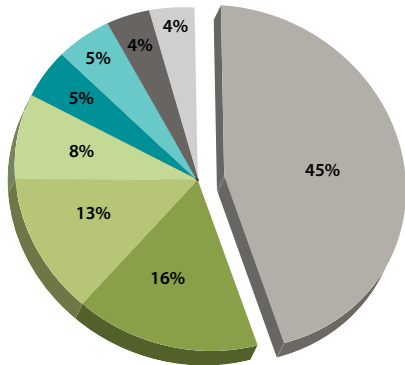


SENIORS' FALL IN CANADA

How Falls Occur



- 45% resulted from walking on a surface other than snow and ice
- 16% resulted from walking on snow or ice
- 13% resulted from walking up or down stairs or steps
- 8% resulted from health problems
- 5% resulted from furniture or rising from furniture
- 5% resulted from an elevated position
- 4% resulted from engagement of other sport or physical activity, and finally
- 4% resulted from other activity including skating, skiing & snowboarding

95% of FALLS

cause hip fractures and lead to death in **20%** of cases

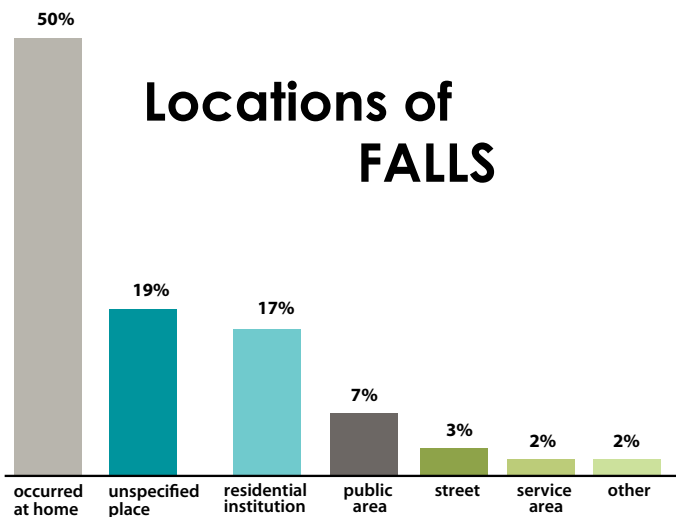
In high-risk environments like Long Term Care

60%

of residents will have at least

1 fall a year

Locations of FALLS



60%

of FALLS are because of

balance and **co-ordination**

