



Step Up Template

Directions:

This “Step Up” template encourages your community and colleagues to increase their awareness about falls, and to take a meaningful action toward preventing them. It is a pledge of our commitment to safer communities.

How to use:

Select a template style and print out a copy. Fill out the pledge box with details about how you are making a commitment to prevent falls. Encourage your participants to post their pledge somewhere visible, wear their pledge badge, or share their pledge on social media!



Example Pledges:

For Adults and Older Adults	Community Level	I/We pledge to check in on our neighbours who live alone.
	LTC	I/We pledge to have a staff meeting in November on how we can prevent falls in our facility.
	Individual/Caregiver	I/We pledge to take an exercise class this November. I/We pledge to use a fall risk home risk assessment this November. I/We pledge to review my/our medicine cabinets for medications that can put me/us at risk of falling.
	Acute Care	I/We pledge to host a post-fall huddle every time someone falls in our facility.
For Children	Teachers Early Childhood Educators	I/We pledge to assess our classroom for ways I/we can prevent falls.
	Parents/Caregivers	I/We pledge to install safety gates at the top and bottom of my/our stairs at home.





I'm **“Stepping Up”** to prevent falls and injuries by:

November is Fall Prevention Month, SHA, 2019



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