



# 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:

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

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November is Fall Prevention Month, SHA, 2020



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