

HAVE YOU CHECKED YOUR MEDICINES?

Managing your medicines is an important part of staying healthy and independent.

Know your medicines to reduce your risk of a fall.

Taking multiple medicines can increase your risk of having a fall.

Place your medicines in this bag and take them to your Pharmacist or GP for a free medicine check.

STAY ON YOUR FEET®

Move

Improve

Remove

For more information on how to prevent slips, trips and falls, visit

www.stayonyourfeet.com.au

or phone 1300 30 35 40.

Partner:



GOVERNMENT OF
WESTERN AUSTRALIA

Department of
Health



Stay
On Your
Feet WA®



injury matters