Government of **Western Australia**
Department of **Health**

Stay On Your Feet WA®

ICCWA
Injury Control Council of Western Australia

STAY ON YOUR FEET®

Move **Improve** **Remove**

Falls Are Preventable

Follow these three steps to help prevent slips, trips and falls… so that you can get on with enjoying the fun things in life.

Move your body

→ Build your balance
→ Strengthen your legs

Improve your health

→ Check your medicines
→ Keep a healthy mind
→ Fuel your body

Remove hazards

→ Make your home safer
→ Check your eyesight
→ Wear safe footwear

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Call **1300 30 35 40** or visit the website **www.stayonyourfeet.com.au**