

# FALLS CAN KILL

**Don't be blind to the risk of falls. Poor vision more than doubles your risk of taking a tumble.**



For more information visit:  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 23 – SUNDAY 29 SEPTEMBER 2019  
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Visual impairment increases the risk of suffering a fall by 2.5 times [Rubenstein and Josephson 2002]. More than 5,000 older people in the UK died due to a fall in 2017 [ONS]