

DAY 5 – FRIDAY, 7TH AUGUST 2026

SAFE STEPS INDIA

"Prevent Falls • Preserve Independence"

Theme

Every Fall is Preventable



IOA BONE & JOINT WEEK 2026

DAY 5 – FRIDAY, 7TH AUGUST 2026

SAFE STEPS INDIA

"Prevent Falls • Preserve Independence"

THEME: EVERY FALL IS PREVENTABLE



DURATION: 1 HOUR

The program is designed to be simple, practical, and easily conducted by every orthopaedic surgeon in hospitals, senior citizen associations, housing societies, temples, community halls, parks, and old-age homes.

1 WELCOME & INTRODUCTION (5 MINUTES)



Explain that falls are one of the leading causes of:

- Hip fractures
- Wrist fractures
- Spine fractures
- Head injuries
- Loss of independence

MESSAGE: A simple fall can change a life—but most falls can be prevented.

2 FALL PREVENTION AWARENESS TALK (15 MINUTES)

Discuss the Five Common Causes of Falls

- Poor Balance**
 - Muscle weakness
 - Reduced coordination
- Weak Bones (Osteoporosis)**
 - Fragility fractures
 - Importance of bone health
- Poor Vision**
 - Regular eye examinations
 - Adequate lighting
- Unsafe Home Environment**
 - Loose rugs
 - Slippery bathrooms
 - Poor lighting
 - Cluttered walkways
- Medicines & Health Conditions**
 - Multiple medications
 - Diabetes
 - Parkinsonism
 - Blood pressure fluctuations

3 PRACTICAL DEMONSTRATION (20 MINUTES)

Demonstrate:

- Safe way to get up from a chair
- Safe walking techniques
- Proper use of walking stick
- Proper use of walker
- Stair climbing safety
- Bathroom safety
- Simple balance exercises

Invite volunteers for live demonstrations.

4 FIVE DAILY EXERCISES (10 MINUTES)

Teach participants:

- Sit-to-Stand Exercise
- Heel Raises
- Toe Raises
- Single-Leg Balance (with support)
- Tandem Walking
- Gentle Stretching

Encourage them to practice these exercises every day.

5 SAFE STEPS PLEDGE & GROUP PHOTOGRAPH (10 MINUTES)



Safe Steps Pledge

"I pledge to maintain strong bones, improve my balance, keep my home safe, remain physically active, and encourage my family and community to prevent falls and protect independence."

Take a group photograph with the Safe Steps India banner.

FIVE GOLDEN RULES FOR FALL PREVENTION

- Exercise daily to improve strength and balance.
- Keep your home free of fall hazards.
- Maintain healthy bones with calcium, vitamin D, and regular check-ups.
- Use appropriate footwear and walking aids when needed.
- Have regular vision and medication reviews.

WHAT EVERY ORTHOPAEDIC SURGEON NEEDS

- One community venue
- Safe Steps India awareness poster
- One-hour educational session
- One physiotherapist (optional)
- Walking stick/walker for demonstration (optional)
- Mobile phone for documentation

No elaborate setup or expensive equipment is required.



IDEAL VENUES

- Senior Citizen Associations
- Housing Societies
- Old Age Homes
- Hospitals
- Community Centres
- Rotary Clubs
- Lions Clubs
- Parks
- Temples
- Wellness Centres

DOCUMENTATION

Each organizing chapter should submit:

- 5–10 photographs
- One group photograph
- Number of participants
- Venue details
- One-page activity report

Share photographs and videos in the IOA CSRC WhatsApp Group.

SUBMIT REPORT

Email the official report to:

chairman.csria@gmail.com



NATIONAL MISSION

One Community • One Hour • One Safer Tomorrow

If every orthopaedic surgeon conducts just one one-hour Safe Steps India session, thousands of elderly citizens can learn practical strategies to reduce falls, maintain mobility, and preserve independence.



CAMPAIGN SLOGAN

TAKE SAFE STEPS TODAY... STAY INDEPENDENT TOMORROW.

INDIAN ORTHOPAEDIC ASSOCIATION
Bone and Joints in Safe Hands



STRONG BONES • BETTER BALANCE • SAFE HOME • STAY ACTIVE • BE INDEPENDENT

YOUTUBE CHANNEL VIDEO

<https://youtu.be/G8M7M0uvOLo> mobile version

<https://youtu.be/HyGlbkeBKDw> PRESENTATION VERSION

Duration: 1 Hour

The program is designed to be **simple, practical, and easily conducted** by every orthopaedic surgeon in hospitals, senior citizen associations, housing societies, temples, community halls, parks, and old-age homes.

1. Welcome & Introduction (5 Minutes)

Explain that falls are one of the leading causes of:

- Hip fractures
- Wrist fractures
- Spine fractures
- Head injuries
- Loss of independence

Message: *A simple fall can change a life—but most falls can be prevented.*

2. Fall Prevention Awareness Talk (15 Minutes) MAKE PPT, ADD SONG

Discuss the **Five Common Causes of Falls**



Poor Balance

- Muscle weakness
- Reduced coordination



Weak Bones (Osteoporosis)

- Fragility fractures
- Importance of bone health



Poor Vision

- Regular eye examinations
- Adequate lighting



Unsafe Home Environment

- Loose rugs
- Slippery bathrooms
- Poor lighting
- Cluttered walkways



Medicines & Health Conditions

- Multiple medications
- Diabetes
- Parkinsonism
- Blood pressure fluctuations

3. Practical Demonstration (20 Minutes)

Demonstrate:

- ☒ Safe way to get up from a chair
- ☒ Safe walking techniques
- ☒ Proper use of walking stick
- ☒ Proper use of walker
- ☒ Stair climbing safety
- ☒ Bathroom safety
- ☒ Simple balance exercises

Invite volunteers for live demonstrations.

4. Five Daily Exercises (10 Minutes)

Teach participants:

- Sit-to-Stand Exercise
- Heel Raises
- Toe Raises
- Single-Leg Balance (with support)
- Tandem Walking
- Gentle Stretching

Encourage them to practice these exercises every day.

5. Safe Steps Pledge & Group Photograph (10 Minutes)

Safe Steps Pledge

"I pledge to maintain strong bones, improve my balance, keep my home safe, remain physically active, and encourage my family and community to prevent falls and protect independence."

Take a group photograph with the **Safe Steps India** banner.

IDEAL VENUES

- Senior Citizen Associations
- Housing Societies
- Old Age Homes
- Hospitals
- Community Centres
- Rotary Clubs
- Lions Clubs
- Parks
- Temples
- Wellness Centres

FIVE GOLDEN RULES FOR FALL PREVENTION

1. **Exercise daily to improve strength and balance.**
2. **Keep your home free of fall hazards.**
3. **Maintain healthy bones with calcium, vitamin D, and regular check-ups.**
4. **Use appropriate footwear and walking aids when needed.**
5. **Have regular vision and medication reviews.**

WHAT EVERY ORTHOPAEDIC SURGEON NEEDS

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NATIONAL MISSION

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Campaign Slogan

"Take Safe Steps Today... Stay Independent Tomorrow."

SAFE STEPS INDIA – Official Anthem

Prevent Falls • Preserve Independence

Every step is precious, every dream so bright,
Walk with strength and confidence, into life's new light.
Strong bones, steady balance, let every journey shine,
Healthy living starts today, your future is divine.

Together we can change tomorrow,
Prevent the pain, remove the sorrow.
With knowledge, care and helping hands,
A safer India proudly stands.

Take one safe step every day,
Keep falls and fractures far away.
Move with courage, move with pride,
The Indian Orthopaedic Association is by your side.

**Safe Steps India... walk with pride,
Strong bones forever, side by side.
Orthopaedic Surgeons lead the way,
Keeping India strong every day.**

**Stand up strong... don't let falls define,
Health and hope will always shine.
Safe Steps India, hand in hand,
Building a safer, stronger land.**

Exercise every morning, keep your muscles strong,
Healthy food and sunlight help you all day long.
Keep your home safe and bright, remove each hidden fall,
Small precautions taken today can protect us all.

Support our elders with love and care,
A helping hand is always there.
Balance, movement, confidence grow,
Together our healthy future will flow.

**Safe Steps India... rise and shine,
Healthy bones for all mankind.
Indian Orthopaedic Association proudly leads,
Serving every family's needs.**

**Orthopaedic Surgeons, hearts so true,
Working every day for you.
Safe Steps India... loud we say,
Prevent falls—live strong every day!**

**One Community... One Hour... One Safer Tomorrow!
Safe Steps India!
Indian Orthopaedic Association!
Together... We Protect Independence!
Together... We Build a Stronger India!**

Create a warm uplifting motivational anthem for Safe Steps India targeting senior citizens and families. Use gentle orchestral strings, soft piano, Indian flute, light percussion, inspiring choir and hopeful rhythm. Keep vocals crystal-clear, slow tempo, emotionally expressive, every lyric highly audible and easy to understand. Emphasize fall prevention, balance, strength, independence, confidence, healthy ageing, daily walking, exercise, sunlight, nutrition, family support and community care. Repeatedly mention Indian Orthopaedic Association and Orthopaedic Surgeons protecting seniors. Build toward an inspiring finale celebrating Safe Steps India with hope, dignity, resilience, togetherness and lifelong mobility for every elder across India today and always forward.