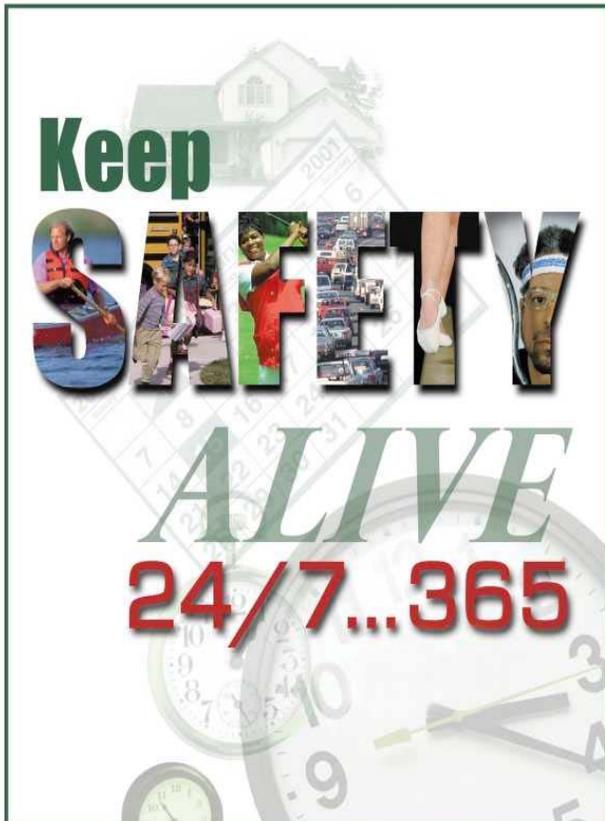


Slips, Trips and Falls in the Home



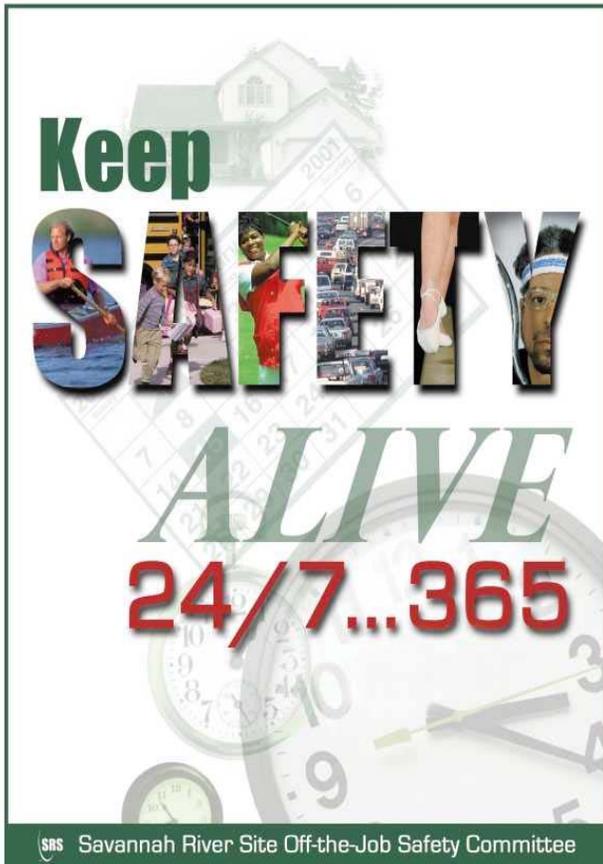
SRS Savannah River Site Off-the-Job Safety Committee



Slips, Trips and Falls in the Home

Factors

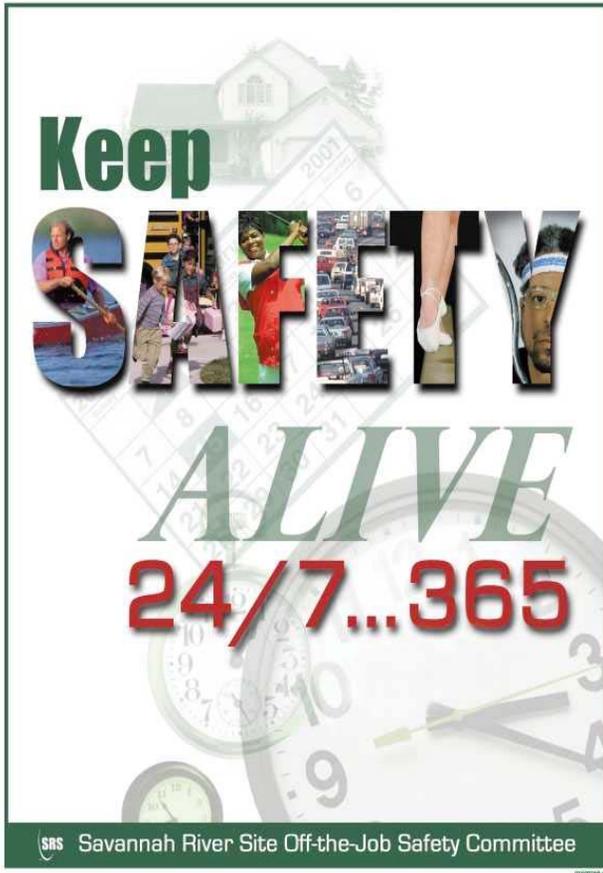
- ☛ Caused nearly 16,000 deaths in 1998
- ☛ Older adults are most at risk
- ☛ Older adults over age 65 make up 80% of fatal injuries
- ☛ falls are the major reason for injuries, hospital admissions and fatal injuries in older adults



Slips, Trips and Falls in the Home

Prevention Tips

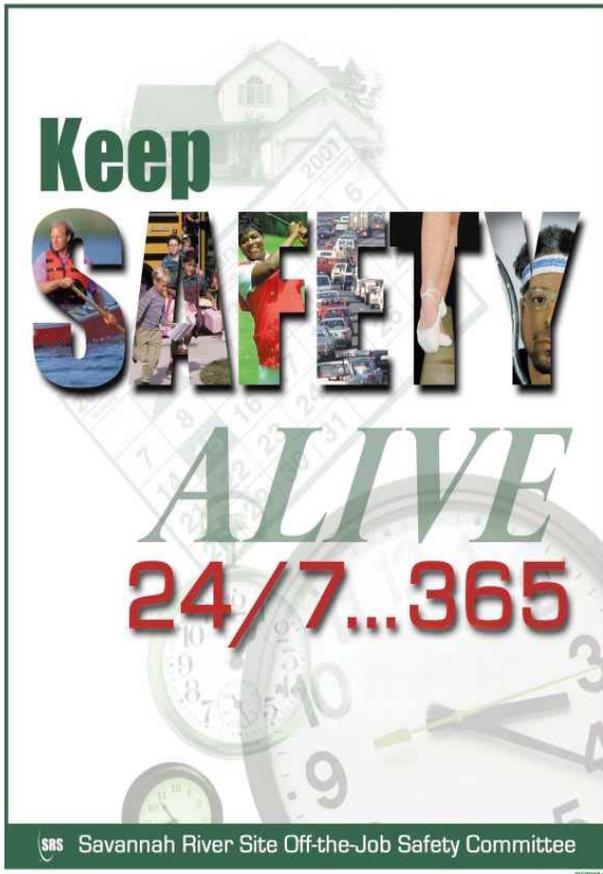
- ☞ Keep floor area clean and clear
- ☞ Clean up grease, water and other liquids immediately
- ☞ Use non-skid throw rugs
- ☞ Install handrails in stairways
- ☞ Fix loose steps or handrails
- ☞ Keep living areas well lit
- ☞ Never use a chair as a step stool



Slips, Trips and Falls in the Home

Prevention Tips

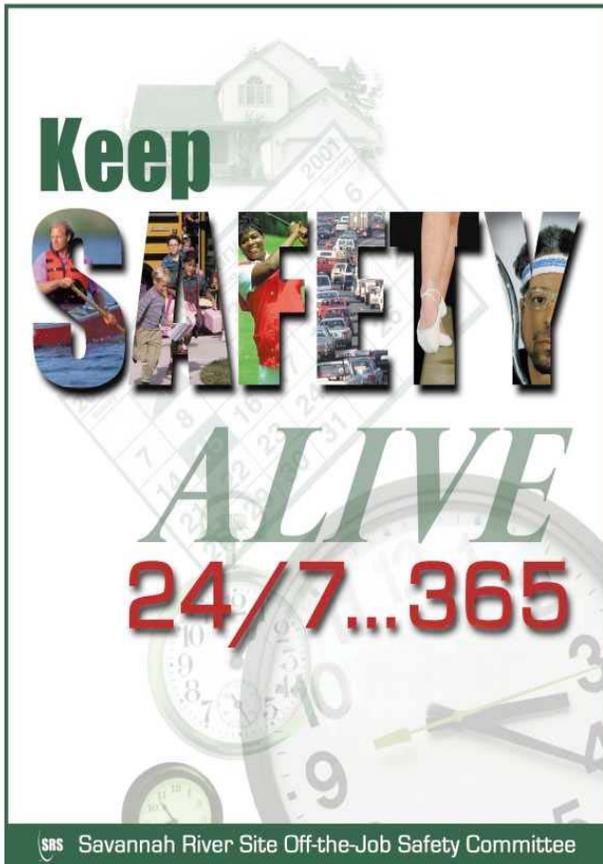
- ☞ Follow medication directions closely to prevent dizziness
- ☞ Reduce clutter by safely tucking telephone and electrical cords out of walkways
- ☞ Move furniture that is in heavy traffic areas
- ☞ Make sure carpet is firmly attached to flooring or steps



Slips, Trips and Falls in the Home

Keeping Kids Safe From Falls

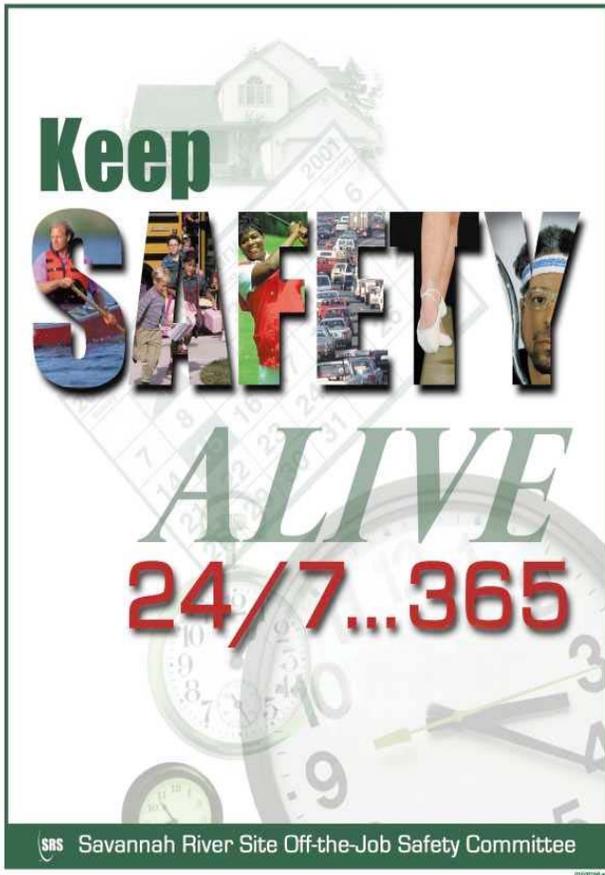
- ☞ Don't leave babies alone on beds, changing tables, sofas
- ☞ Don't allow kids to play alone on high porches or balconies
- ☞ Always strap children into highchairs and strollers
- ☞ Use safety gates at the top of stairwells



Slips, Trips and Falls in the Home

Prevention of Window Falls

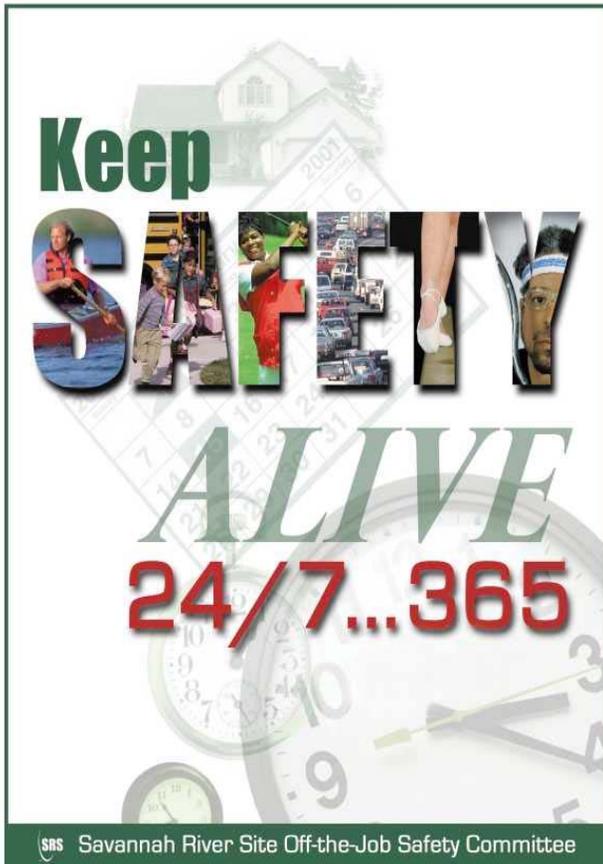
- ☞ Keep windows closed and locked when kids are around
- ☞ Open windows a child can not reach
- ☞ Keep children's play away from open windows
- ☞ Place window guards in lower level windows



Slips, Trips and Falls in the Home

Prevention Tips for the Bathroom

- ☞ Always use a rubber mat or slip resistant sticker in the tub
- ☞ Install a grab bar inside the tub
- ☞ Never leave a child unattended in the tub



Follow these simple suggestions to make your home a safe haven.