



Safety Council of Southwestern Ohio

think safe · work safe · play safe · LIVE safe

fall safety check-in

SLIPS, TRIPS, AND FALLS CAN CAUSE INJURY OR EVEN DEATH IN THE HOME AND WORKPLACE, ESPECIALLY IN OLDER AGE GROUPS

Trips

- Wear comfortable, properly fitted shoes... *shoes that are too large can increase the likelihood of tripping*
- Arrange or remove furniture so there is plenty of room for walking... *it can be easy to bump into furniture that extends into walkways*
- Clear your floor... *remove clutter, small furniture, pet gear, electrical cords, throw rugs and anything else that might cause someone to trip*
- When purchasing a home or where to live avoid steep and long stairways... *steep stairways use muscles and can cause fatigue*
- Watch for cracks in the sidewalk... *if you are unable to repair these cracks, be aware of these potential hazards*

Slips

- Clean up food, drink and other spills immediately... *leaving spills increases hazard for individuals unaware of the spill*
- Put non-slip mats in the shower and bathtub... *12% of home injuries occur when getting in or out of the shower or tub*
- Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow... *slips are more likely to occur when you hurry or run*
- During the winter, use an ice melting solvent to prevent ice from forming on the sidewalk... *this can also help protect postal workers when delivering your packages*

Falls

- Make sure outdoor areas are well lit and walkways are smooth... *lack of lighting can increase fall hazards when walking*
- Add grab bars inside and outside of your bathtub or shower and next to the toilet... *this is helpful for older individuals that may easily lose their balance*
- Have stable chairs and tables... *when chairs or sofas don't have sturdy arms or backrests they can easily cause you to fall*
- Consider installing abrasive floor mats or replacing worn flooring... *worn floors can reduce traction even in the workplace*