



A safe home is in your hands.

Falls Prevention



According to *The State of Home Safety in America™ (2004)* conducted by the Home Safety Council, falls are by far the leading cause of unintentional home injury death. Falls account for an average of 5.1 million injuries and nearly 6,000 deaths each year. Walk through your home to identify and remedy potential fall hazards. What to look for:

Prevent Falls



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- Have handrails on both sides of stairs and steps. Make sure handrails go from the top to the bottom of stairs.



- Have lots of lights at the top and bottom of the stairs.



- It is easy to trip on small rugs. Tape them to the floor or do not use them at all.



- Keep the stairs clear.



- Have nightlights in the bedroom, hall and bathroom.

Protect Young Children



- Always watch young children.



- Use safety gates at the top and bottom of stairs.

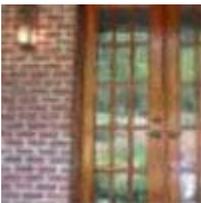


- Window guards can keep a child from falling out the window. Have window guards on upstairs windows.



- Cover the ground under playground equipment with a thick layer (9-12 inches) of mulch, wood chips or other safety material.

Outdoors



- Put bright lights over all porches and walkways.



- Have handrails on both sides of the stairs.

- Put ladders away after using them. Store ladders on their sides, in a shed or garage.



* Photo Courtesy of Jake Pauls



- Keep sidewalks and paths clear, so you don't trip.



- Fix broken or chipped steps and walkways as soon as possible.

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