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Preventing Slips & Falls

➤➤ Staying safe in your home



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Special tips for older adults.



All age groups are vulnerable, but older adults are most at risk for dangerous falls. In fact, 80% of those receiving fatal injury are over the age of 65. Falls continue to be the major reason for injury-related death, injury and hospital admission for older adults.

Follow these tips from the National Safety Council to prevent slips and falls in your home:

- Keep the floor clear. Reduce clutter, and safely tuck telephone and electrical cords out of walkways.
- Keep the floor clean. Clean up grease, water and other liquids immediately. Don't wax floors.
- Use non-skid throw rugs to reduce your chance of slipping on linoleum.
- Install handrails in stairways. Have grab bars in the bathroom (by toilets and in tub /shower.)
- Make sure living areas are well lit. We can all trip and fall in the dark.
- Be aware that climbing and reaching high places will increase your chance of a fall. Use a sturdy step stool with hand rails when these tasks are necessary.
- Follow medication dosages closely. Using medication incorrectly may lead to dizziness, weakness and other side effects. These can all lead to a dangerous fall.
- Schedule eye exams once a year. The wrong glasses or poor vision can increase the chances of a dangerous fall.

Keeping kids safe.

Dangers that are obvious to adults are not necessarily that apparent to children. They need extra guidance and an ever-vigilant eye. By following these simple suggestions, you help make your home a safer and more secure place for everyone.



Home may represent a haven of safety and security. But for young children, it can also be a minefield of potentially dangerous falls. The following tips from the National Safety Council will help make your home free of fall hazards.

Falls from heights

Don't let children play alone on fire escapes, high porches or balconies.

Falls from furniture

- Don't leave babies alone on beds, changing tables, or sofas.
- Always strap children into highchairs and strollers.



Slips and falls from floor surfaces

- Secure area rugs. Especially on wood, ceramic tile or linoleum floors, area rugs can

cause anyone to slip. Secure them with a piece of foam carpet backing, double-sided tape or a rubber pad, available at many carpet and department stores.

Falls on the stairs

- Keep stairs clear. Kids must spend as much time running up and down stairs as they do going in and out the back door. As it is, stairs figure in a large percentage of home falls. Combine a child's boundless, yet reckless, energy with a staircase full of junk, and you could end up taking an emergency trip to the hospital.
- Use safety gates if there are infants and toddlers in your home. At the top of the stairs, attach the gate to a wall. Avoid accordion gates with large openings—a child's neck can get trapped.



Window falls

- Be aware of the danger of falls from windows by unsupervised young children. Keep your windows closed and locked when children are around. When opening windows for ventilation, open windows that a child cannot reach.
- Set and enforce rules about keeping children's play away from windows or patio doors. Falling through the glass can be fatal or cause serious injury.
- Keep furniture—or anything children can climb—away from windows. Children may use such objects as a climbing aid.
- Never depend on an insect screen to keep your child from falling out of the window. Screens are intended to keep insects out, not children in.



- Unguarded windows opened only five inches pose a danger to children under ten. In some cities, landlords are required by law to place window guards in apartments where children live; such guards prevent windows from being opened wide enough for a child to crawl through. Be sure to check with your local fire department and building code official to make sure guards or security bars comply with all applicable requirements.

In the bathroom

- Always use a rubber mat or slip resistant stickers in the tub. Never leave a child unattended in the tub. Should they slip and fall, they may be unable to cry for help.

