

Safe Steps Reduce Falls

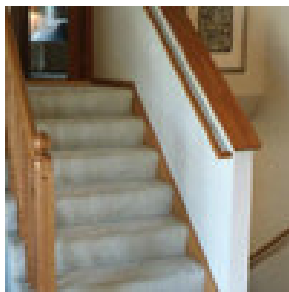


Millions of Americans are only a step away from becoming victims of the leading cause of unintentional home injuries — falls.

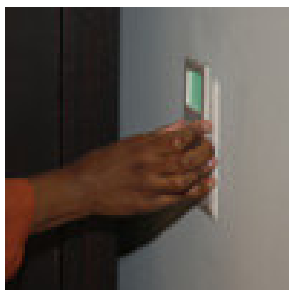
According to The State of Home Safety in America™ (2004) conducted by the Home Safety Council, falls are by far the leading cause of unintentional home injury deaths. Falls account for an average of 5.1 million injuries and nearly 6,000 deaths each year. The vast majority of fall deaths occur among people age 65 and older and fall death rates are higher for males.

In an effort to reduce injuries among people of all ages, the Home Safety Council encourages families to identify and correct potential falling hazards in and around the home. Walk through your home to identify and remedy potential falling hazards.

What to look for:



Are there handrails on both sides of stairs?



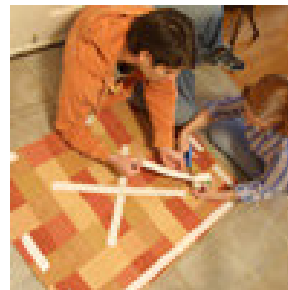
Do you have night lights in dark halls and the bathroom?



Are there plenty of lights illuminating stairways?



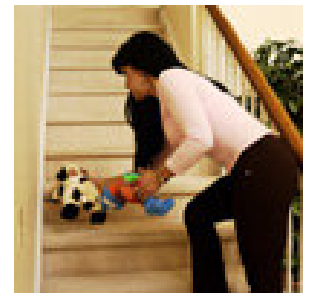
Do you have a non-slip mat or strips in the bathtub?



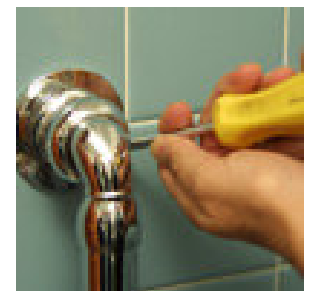
Are loose area rugs secured to prevent tripping?



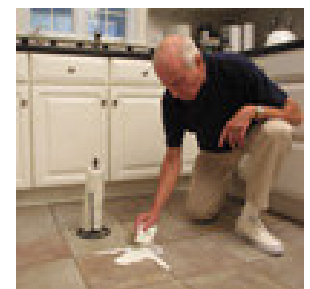
Do you have a rug with non-skid bottom outside tub?



Do you keep stairs free of clutter?



Do you have grab bars in the tub/shower area?



Do you wipe up spills as they happen?

Article and photos provided by The Home Safety Council. Visit their website for more information, www.homesafetycouncil.org.