

Falls Prevention

Falls are more common than you think. Ranked third among the leading causes of accidental death in the United States, deaths from falls are a growing safety concern as the nation's population ages.



Falls Prevention in the Workplace

- Aisles, stairs and walkways should be clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.
- Use handrails in stairways; take one step at a time and report broken stairs or loose stair coverings
- Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small steps when walking on a wet or slippery surface.
- Wear slip-resistant footwear and keep shoe soles clean for better traction if your work area tends to be wet, dirty or oily.
- Inspect ladders before and after every use.
- Report every incident – even minor falls. Your efforts can save someone else from a more serious injury.

Falls Prevention for Aging Adults

- Wear proper footwear. Athletic shoes greatly reduce the risk of falls among the elderly. The risk of falling increases if in stocking feet or barefoot.
- Install handrails in stairways and grab bars in the bathroom near the toilet, in the shower and along the tub.
- Keep living areas well lit and place a night light in the bathroom.
- Use non-skid throw rugs to reduce chances of slipping on linoleum.
- Store frequently used items in easy-to-reach areas.
- Exercise regularly. The stronger the body, the more likely a person is to sustain a fall.
- Monitor medications. Studies show older adults taking more than four medications are at high risk for falls.



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