



Prevent Think Life Safety

For additional information, call 503-805-8482

Senior Citizen Safety

Senior Citizens are more prone to serious injury than any other age group. While there can be many reasons, none of them mean that getting older means living in danger.

Common causes of injury include:

- Falls – Falling can cause serious injury that can change a person’s life.
 - Good lighting helps see steps, changes in flooring, and items on the floor.
 - Falls down stairs can be especially dangers. Keep stairs clear and handrails solid. Seniors should always use handrails.
 - Bathrooms are dangerous places to fall. Many hard and sharp edges exist. Install grab bars in and around showers and tubs. Keep floors dry. If rugs are used on floors, be sure there is a good, non-skid surface on the bottom with edges that do not curl up. Rug edges can cause trip hazards so maintain them carefully.
 - Garages and doorways often have steps leading to and from the home. Keep steps clear and handrails mounted solidly.
- Burns – As skin ages, it becomes more fragile and can be damaged by heat easily.
 - Stoves and cooking utensils get hot and can cause serious burns. Keep pot handles turned in and hot liquids to the back of the stove.
 - Keep lids to pans nearby in case a fire starts. If a pan lid cannot be used to put out a fire, get out now and call 9-1-1. Leave the pan on the stove or in the oven.
 - Sleeves can be dangerous around a stove so keep them rolled up or clear of anything hot.
 - Hot water can burn as badly as a flame. Water heaters should be set at 120 degrees F. to prevent scald injuries.
- Poisoning – The wrong use of medication can result in poisoning injuries.
 - Always use medications as directed by a doctor.
 - Keep medications in well marked containers or clearly identified.
 - Keep a list of medications available for emergency responders. This is very important if you have a medical emergency (see flyer for “Medication Information”).