



# Prevent Think Life Safety

For additional information, call 503-805-8482

## **Fall Prevention**

Falls at home can hurt both young and old. In fact, falls are the number one cause of emergency room visits for all ages. It only takes a minute to remove most hazards and keep everyone safe. Consider these safety considerations for your home, family, and loved ones.

### Senior Citizens

- Good lighting helps see steps, changes in flooring, and items on the floor.
- Falls down stairs can be especially dangers. Keep stairs clear and maintain solid 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 and edges that lay flat. Rug edges can cause trip hazards so remove them when the edges begin to rise.
- Garages and doorways often have steps leading to and from the home. Keep steps clear and handrails mounted solidly.

### Children

- Keep toys and other items away from stairs.
- Remind kids to move at a speed that is safe for their age and coordination.
- Helmets should be worn on any wheeled vehicle kids will use. Start kids early to ensure safe habits for a lifetime.
- Falls from windows injury many children each year. Keep beds, cribs and furniture away from windows and consider window guards (be sure windows can still serve as an escape route in case of fire).
- Playground surfaces are sometimes very hard and can injure children when they fall. Look for playgrounds with at least 12 inches of soft material on the ground. If your neighborhood does not have one, help initiate an effort to create safe play areas.