

Avoid Slips, Trips and Falls at Home

Simple Practices to Reduce Falls:

Not only is it embarrassing to fall, but it hurts too! In fact, falls are currently the second leading cause of death and injury in the home.

- Clear all pathways and stairs from shoes, boxes, toys, and other clutter.
- Keep extension, telephone, and appliance cords as close to the walls as possible.
- Apply double-sided tape to rugs to keep them in place.
- Use the handrail when walking up and down stairs.
- Use nightlights in halls, bathrooms, and bedrooms.
- Don't carry too much so that your vision is blocked or you lose your balance.
- Have a flashlight by your bed and a small one on your keychain.

- Use a non-slip mat in the bathtub or shower.
- For older adults, buy a shower bench or stool and install grab bars in the shower and by the toilet.
- Watch for cracks in sidewalks and changes in elevation.
- Look out for pets and children.
- Take your time when getting to your door, answering the phone, unloading your car, etc.

Especially for Winter

- Wear boots or other sturdy shoes with non-skid soles.
- Shovel snow off your driveway, sidewalks, and stairs.
- Sprinkle de-icer, salt, or sand on icy areas.
- Have a family member or neighbor watch you as you get the newspaper or mail.

Source: Minnesota Falls Prevention



Check out our course list online for a variety of safety trainings provided across the state at

www.ndsc.org

The North Dakota Safety Council is a private non-profit organization supported through grants, donations, memberships and training.

