



A safe home is in your hands.



Safe Steps Reduce Falls

Millions of Americans are only a step away from becoming victims of the leading cause of unintentional home injuries –falls. Adults over age 60 rank highest for injuries and deaths resulting from falls, however, every age group is affected. According to the Home Safety Council, 5.1 million injuries resulted from slips and falls on average each year, with falls accounting for more than one-third of all unintentional home injury deaths. *

“Our goal is for families to take action to identify and correct household hazards that can lead to slips and falls,” said Meri-K Appy, president of the Home Safety Council. “Taking safe steps will help the entire family; however, homes with older adults should be particularly careful to remedy problem areas.”

The Home Safety Council urges families to organize a home safety walk-through to identify potential slipping, tripping and falling hazards. Follow these safe steps:

Prevent Falls

- Have handrails on both sides of the stairs.
- Make sure handrails go from the top to the bottom of stairs.
- Have lots of lights at the top and the bottom of the stairs.
- It is easy to trip on small rugs. Tape them to the floor or do not use them at all.
- Keep the stairs clear.
- Have nightlights in the bedroom, hall and bathroom.
- Have a mat or non-slip strips in the tub and shower.
- Have grab bars in the tub and shower.
- Wipe up spills as they happen.

Protect Young Children from Falls

- Use safety gates at the top and bottom of the stairs.
- Use a safety gate to prevent falls from balconies.
- Window guards can keep a child from falling out the window.
- Don't put cribs, beds and other furniture close to upstairs windows.
- Put away ladders and step stools after using them.
- Cover the ground under playground equipment with a thick layer (9-12 inches) of mulch, wood chips or other safety material.



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Outdoors

- Put bright lights over all porches and walkways.
- Put ladders away after using them. Store ladders on their sides, in a shed or garage.
- Keep sidewalks and paths clear.
- Fix broken or chipped steps and walkways as soon as possible.

To learn more about home safety, visit Home Safety Council online at www.homesafetycouncil.org.

**Through years 1996-2000, based on The State of Home Safety in America™ report, Second Edition.*