

Protect Your Family From Falls

- Falls are the *leading cause* of nonfatal unintentional injuries for every age group, except 10 to 24 year olds—for whom it's the *second* leading cause!
- Falls send approximately 8,000 children and 5,600 older adults to U.S. emergency rooms *every day*.
- For Americans 65 and older, falls are the *leading cause* of injury-related deaths, hospital stays and emergency department visits. Of those who sustain a fall, 20 percent to 30 percent suffer moderate to severe injuries, such as traumatic brain injury and hip and lower extremity fractures
- Leading causes of falls for both children and adults include stairs and steps.
- Other leading causes of falls for children include trips, slips, and falls from furniture or playground equipment.



How you can protect your family:

1. Wipe up spills immediately.
2. Remove small rugs (or tape them to the floor).
3. Remove clutter, which can be a tripping hazard—especially toys.
4. Use a bath mat or nonslip strips in tubs and showers.
5. Use night lights in bedrooms, bathrooms and hallways
6. Make sure you have adequate lighting at the top and bottom of stairs.
7. Install handrails on stairs.
8. If you have children, use gates at the top and bottom of stairs.
9. Don't leave small children unattended on a table, bed or elevated surface.
10. Establish clear, firm safety rules for children such as no jumping on furniture.