

Falls Prevention

Spring Lake Park-Blaine-Mounds Fire Department and the Home Safety Council

According to *The State of Home Safety in America™ (2004)* conducted by the Home Safety Council, falls are by far the leading cause of unintentional home injury death. Falls account for an average of 5.1 million injuries and nearly 6,000 deaths each year. Falls are the number one reason to be transported by ambulance in Minnesota. Take a moment and walk through your home to identify and remedy potential fall hazards. What to look for:

Prevent Falls



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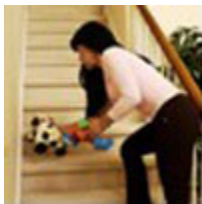
- Have handrails on both sides of stairs and steps. Make sure handrails go from the top to the bottom of stairs.



- Have lots of lights at the top and 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 a bath mat with a non skid bottom on the bathroom floor.



- Have grab bars in the tub and shower.

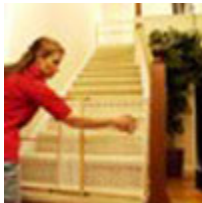


- Wipe-up spills when they happen.

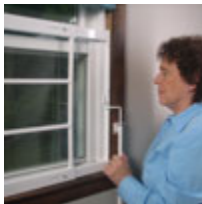
Protect Young Children



- Always watch young children.



- Use safety gates at the top and bottom of stairs.

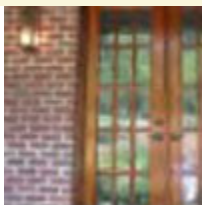


- Window guards can keep a child from falling out the window. Have window guards on upstairs windows.

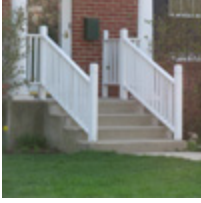


- Cover the ground under playground equipment with a thick layer (9-12 inches) of mulch, wood chips or other safety material.

Outdoors



- Put bright lights over all porches and walkways.



- Have handrails on both sides of the stairs.



- Put ladders away after using them. Store ladders on their sides, in a shed or garage.



- Keep sidewalks and paths clear, so you don't trip.



- Fix broken or chipped steps and walkways as soon as possible.