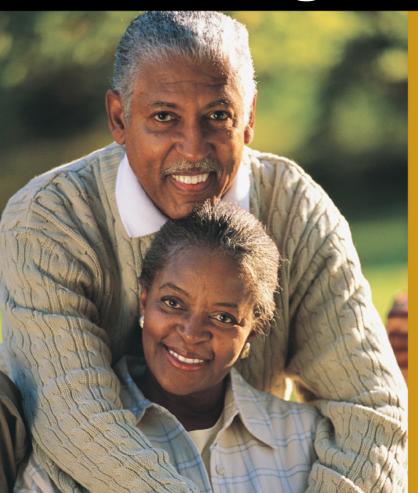
National Child Safety Council

Avoiding Falls

Indoors and Outdoors



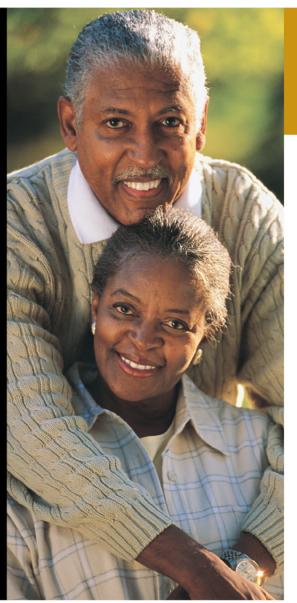
Presented by

National Child Safety Council

and your local

Law Enforcement Department





Avoiding Falls

Mature Americans represent the fastest growing segment of our society today.

In the near future, almost half of this country's population will be over fifty.

Falls are the #1 cause of accidental death in persons over 55.



Avoiding Falls

The majority of accidental falls are not job-related or involve situations of extreme danger.

They occur in homes during everyday activities.

1 out of 3 people aged 65 and older fall each year. Of those who fall, only half are able to return home to live independently.

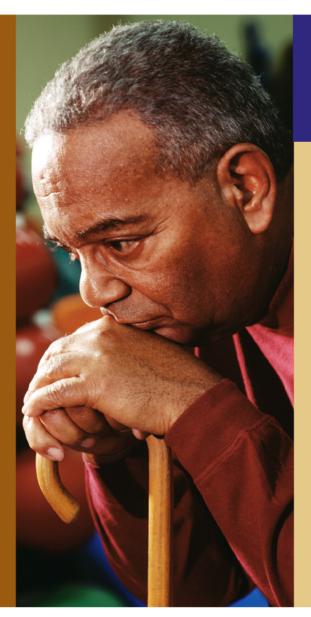


Avoiding Falls

Look for ways to reduce potentially hazardous situations.

There are simple steps you can take to keep yourself safe.

Half of all falls could have been prevented.



Physical Change

As we age, our bodies change.

This physical change is common, but as a result our bodies may become unsteady from physical conditions, medicines, illnesses, and/or low blood sugar.

Nearly 2 million senior citizens are taken to hospitals for fall injury treatment.

Avoiding



Physical Change

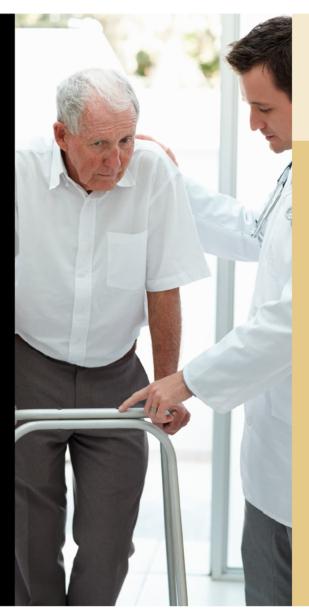
To help avoid mishaps consider the following points:

- Always take prescription drugs according to the instructions.
- Realize that medicines such as antihistamines, sleeping pills, and tranquilizers can cause dizziness.
- Have regular eye check-ups.
 Impaired sight can lead to unsteady walking.



Physical Change

- Monitor blood pressure. Report any dizziness to your doctor immediately.
- Get up slowly after eating, resting, or lying down to avoid falls.
- Exercise to build strength and muscle tone and to keep joints, tendons, and ligaments more flexible.



Impaired Mobility

If you are having difficulty walking or moving around, consult a physician for an evaluation to determine the cause and possible treatment.

Physical therapists and rehabilitation centers (Sports Medicine Centers) are trained to help people of all ages with different impairments, to regain mobility that has been compromised by illness, accident, injury, or simply the aging process.

7 AVO



Loors and Stairs

- Install at least one long handrail on a staircase. Make sure it has a comfortable grip. Tighten any loose fixtures.
- Secure carpet or stair runners that are not fastened down.
- Wear well-fitted shoes or slippers with non-slip soles.

Each year, over 7,000 senior citizens die as a result of falls.

iding AVO



Loors and Stairs

- Paint steps with a rough textured paint or use non-slip strips.
- Avoid deep pile, dark-colored, or patterned carpeting that can make it difficult to see the step's edges clearly.
- Avoid sharp changes in flooring levels such as from high carpet to low vinyl.



Bathroom Tips

- Install a grip bar by the tub, shower stall, and above the sink and toilet.
- 2. Set water heater below 120°F. A burn can startle the victim and cause a fall.
- 3. Apply textured vinyl safety strips to the tub, shower, or tile floors, and use nonslip mats.
- 4. Avoid scatter rugs!
- 5. Tack down or tape cut-to-fit carpet or rubber backed rugs.



Bathroom Tips

- 6. Use a long-handled scrubber for better balance when bending over.
- 7. Use nonslip bath and shower chairs.
- 8. Watch out for slick soap or water spills.
- 9. Never brace yourself on towel bars.
- 10. Have a cordless telephone nearby for emergencies.



Protect Yourself

- ✓ Use the highest allowable wattage bulbs in all light fixtures and lamps.
- ✓ Never walk into a dark room; all rooms should have a light switch or lamp by the door.
- ✓ Install night lights that lead from the bedroom to the bathroom.
- Have light switches at each end of stairs.

Avoiding



Protect Yourself

- ✓ Be able to reach a light switch or lamp from bed or a favorite chair. Have a flashlight nearby.
- ✓ Secure scatter rugs with doublesided tape or tacks, especially in the kitchen and bath.
- ✓ Run electrical cords against walls, never under rugs or across doorways.
- Only carry what you can safely handle.



Protect Yourself

- ✓ In bedrooms, eliminate scattered clothing, shoes, and blankets or untucked sheets.
- ✓ Wipe up spills right away. Use detergent to cut greasy residue.
- ✓ Use a sturdy step stool with handrails to reach high cabinets. Long tongs help reach high items.
- Keep walkways clear of toys, magazines, newspapers, and yard & garden equipment.



Protect Yourself

- ✓ Do not rearrange furniture; it will keep familiar patterns in place.
- ✓ Always wear your glasses.
- ✓ Use a cane with a rubber tip if balance is a problem.
- ✓ Avoid going out after a snow or ice storm. If you must, wear hightraction shoes.

Accidental falls are the leading cause of injuries.

AVOI



A safe fall?

The safest falls are those in which you:

- Allow your body to go limp.
- Try to land on your side or buttocks.
- Roll to a natural stop.

In this way, your body avoids large jolts of movement and receives fewer injuries.

Avoiding



A safe fall?

When you try to get up from a fall:

- Roll over naturally.
- Turn your head in the direction that you rolled.
- Try to get up on your knees.



In case of a fall!

During a fall your muscles will naturally tense up.

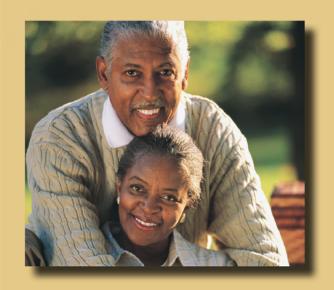
- 1. Stay calm. Never get up too quickly.
- 2. Try to determine if you are hurt.
- 3. If you think you are hurt, DO NOT try to get up.
 - Call out for help.
 - Use your emergency beeper, let someone help, or dial 9-1-1.



In case of a fall!

- 4. If you can, crawl to a stable piece of furniture such as a chair.
 - Put both hands on the seat.
 - Slowly pull yourself up, using the strength of your strongest knee. Keep the other knee on the floor for stability.
 - Slowly turn around to sit in the chair.

Avoiding Falls Indoors and Outdoors



National Child Safety Council has developed senior safe® materials geared specifically to the needs of today's active Senior.

The senior safe® materials make it easy for law enforcement departments or other community groups to present vital information for daily living and safeguarding lives to a group of Seniors in any setting.

For a complete list of NCSC senior safe® materials and other programs, visit www.nationalchildsafetycouncil.org or call 1-800-327-5107.



Indoors and Outdoors

This CD is intended for private home viewing and/or educational venues such as classrooms, Senior living centers, & law enforcement presentations only and is not authorized for any other use. Any public performance not deemed educational, copying, sharing, posting online, including, but not limited to, social media sites is strictly prohibited. Printing, or duplicating in whole or in part of this digital content is prohibited.

© MMXII National Child Safety Council • Jackson, MI 49204-1368 • All Rights Reserved

www.nationalchildsafetycouncil.org