

How to Prevent Slips and Falls

Slips and falls have many causes, but usually have one thing in common, they could have been prevented.



Preventing Slips And Falls With Proper Shoes And Footwear:

- * Shoes and footwear should fit properly.
- * Choose shoes with low heels and good tread, whenever possible.
- * Soles and heels of shoes should provide good "traction" and be slip-resistant.
- * Avoid shoes with shoelaces.

Preventing Slips And Falls While Walking:

- * Slow it down, take your time.
- * Don't rush to get the front door or answer the telephone.
- * Use a cane or walker if you feel unsteady.
- * Keep all assistive devices in good repair. (replace worn rubber tips, etc.)
- * Use care when walking on surfaces that can make it difficult to maintain your footing.
- * Watch where you're walking.
- * Avoid distractions, stay focused on what you're doing.

Preventing Slips And Falls When It's Slippery:

- * It's always extra slippery when a surface gets wet. (take care around water from sprinklers, rain, ice or snow)
- * Keep driveways and walkways free of ice and snow.
- * Be on the lookout for standing water that gets tracked in from outside.
- * Be extra careful on any slick surface.
- * Use slip-resistant products and materials.

Preventing Slips And Falls On Stairs And Steps:

- * Always keep steps and staircases clear.
- * Keep stairwells well-lit.
- * Install sturdy handrails on both sides, if you can.
- * Add non-slip safety treads to steps.
- * Always keep one hand free to be able to use the handrail.
- * Never carry items that obstruct your view of the next step.
- * Don't overload yourself. (instead: carry smaller, lighter loads and/or make extra trips)
- * Take your time to decrease chances of misjudging a step.

